

April 2019 Group Fitness Classes Patch Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays CIV 0711-680-7316

*CLASSES SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY

<http://stuttgart.armymwr.com/europe/stuttgart/categories/sports-and-fitness>



Mon	Tue	Wed	Thu	Fri	Sat/Promos
1. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	2. 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	3. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 HIIT (upper body) w/Mirka *1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/Andrea	4. 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra	5. 0715 Yoga w/Andy 0930 Zumba w/Viviana	6.
8. 0900 Zumba w/Viviana* 0900 Indoor Cycling w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	9. 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	10. 0900 Zumba w/Viviana* 0900 Indoor Cycling w/ Lindsay 1015 HIIT (upper body) w/Mirka *1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/Andrea	11. 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F.* 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra	12. 0715 Yoga w/Andy 0930 Zumba w/Viviana	13.
15. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	16. 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	17. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 HIIT (upper body) w/Mirka *1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/Andrea	18. 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/*NaiNai 1830 Ashtanga Yoga Fundamentals w/Sandra	19. 0715 Yoga w/Andy 0930 Zumba w/Veronica*	20.
22. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	23. 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	24. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 HIIT (upper body) w/Mirka *1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/Andrea	25. 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/*NaiNai 1830 Ashtanga Yoga Fundamentals w/Sandra	26. 0715 Yoga w/Andy 0930 Zumba w/Veronica*	27. Registration opens for the Cobblestone Classic on 29 April—Event Date 01 June 2019
29. 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	30. 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai			* Denotes new class/ sub/instructor	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes