

May 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 HIIT (upper body) w/Mirka 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea *1730 Indoor Cycling w/ Raul	2 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa *1730 Indoor Cycling w/ Raul 1830 Ashtanga Yoga Fundamentals w/Sandra	3 0930 Zumba w/Viviana *1145 Indoor Cycling w/ Raul	4
6 0900 Zumba w/Robin G. 0900 *Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad *1730 Indoor Cycling w/ Raul	7 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai *1730 Indoor Cycling w/ Raul	8 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 *1730 Indoor Cycling w/ Raul	9 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa *1730 Indoor Cycling w/ Raul 1830 Ashtanga Yoga Fundamentals w/Sandra	10 0930 Zumba w/Viviana *1145 Indoor Cycling w/ Raul	11 *0900 Boot Camp and Yoga Demo Class
13 0900 Zumba w/Robin G. 0900 *Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad *1730 Indoor Cycling w/ Raul	14 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai *1730 Indoor Cycling w/ Raul	15 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 *1730 Indoor Cycling w/ Raul	16 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa *1730 Indoor Cycling w/ Raul 1830 Ashtanga Yoga Fundamentals w/Sandra	17 0930 Zumba w/Viviana *1145 Indoor Cycling w/ Raul	18
20 0900 Zumba w/Robin G. 0900 *Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 *Yoga w/ Traci 1700 KRAV MAGA w/Nenad *1730 Indoor Cycling w/ Raul	21 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/*Veronica *1730 Indoor Cycling w/ Raul	22 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 *1730 Indoor Cycling w/ Raul	23 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa *1730 Indoor Cycling w/ Raul 1830 Ashtanga Yoga Fundamentals w/Sandra	24 0930 Zumba w/Viviana	25 * Denotes new class/ sub/instructor
27 Memorial Day 	28 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/*Veronica	29 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 *1730 Indoor Cycling w/ Raul	30 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa *1730 Indoor Cycling w/ Raul 1830 Ashtanga Yoga Fundamentals w/Sandra	31 0930 Zumba w/Viviana	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes