

May 2019 Group Fitness Classes Panzer Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays Closed CIV 07031.15.2724

*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 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	2 0900 Yoga w/Brienna 1630 Bootcamp w/ Mirka	3 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	4
6 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	7 0900 Learn to Lift w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	8 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	9 0900 Yoga w/Brienna 1630 Bootcamp w/ Mirka	10 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	11
13 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	14 0900 Learn to Lift w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	15 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	16 0900 Yoga w/Brienna 1630 Bootcamp w/ Mirka	17 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	18
20 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	21 0900 Learn to Lift w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	22 0900 HIIT X w/Sanel 1730 Zumba w/ *Robin	23 0900 Yoga w/Brienna 1630 Bootcamp w/ Mirka	24 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	25 GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes
27 Memorial Day 	28 0900 Learn to Lift w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	29 0900 HIIT X w/Sanel 1730 Zumba w/ *Robin	30 0900 Yoga w/Brienna 1630 Bootcamp w/ Mirka	31 0900 HIIT X w/Sanel 1730 Zumba w/ Veronica	* Denotes sub, new instructor, or new class