July 2019 Group Fitness Classes Kelley Fitness Center

Mon-Fri 05:00-20:00 Sat/Sun/Holidays 07:30-15:00 CIV 0711-729-2543

*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 *0700 Spin w/ Millie 1130 Yoga w/Brandy	2 1130 Yoga w/Brienna	3 *0700 Spin w/ Millie 1130 Yoga w/*Brienna ~~1715 Zumba w/Theresa~~	4 	5 ~~1000 Bootcamp w/ Mirka~~ ~~1145 Zumba w/ NaiNai~~	6
8 *0700 Spin w/ Millie 1130 Yoga w/*Macie	9 1130 Yoga w/Brienna	10 *0700 Spin w/ Millie 1000 Parent & Me Yoga w/Colleen 1130 Yoga w/Robin F. ~~1715 Zumba w/Theresa~~	11	12 1000 ~~Bootcamp w/ Mirka~~ 1145 Zumba w/ NaiNai	13
15 ~~*0700 Spin w/ Millie~~ 1130 Yoga w/Brandy	16 1130 Yoga w/Brienna	17 *0700 Spin w/ Millie 1130 Yoga w/Robin F. ~~1715 Zumba w/Theresa~~	18	19 ~~1000 Bootcamp w/ Mirka~~ 1145 Zumba w/ NaiNai	20
22 *0700 Spin w/ Millie 1130 Yoga w/*Macie	23 1130 Yoga w/*Colleen	24 *0700 Spin w/ Millie 1000 Parent & Me Yoga w/ Colleen 1130 Yoga w/Robin F. ~~1715 Zumba w/Theresa~~	25	26 ~~1000 Bootcamp w/ Mirka~~ ~~1145 Zumba w/ NaiNai~~	27 Run to Remember Panzer Parade Field
29 *0700 Spin w/ Millie 1130 Yoga w/*Macie	30 ~~1130 Yoga w/Brienna~~	31 *0700 Spin w/ Millie 1130 Yoga w/Robin F. ~~1715 Zumba w/Theresa~~	*Denotes new class/ sub/temp class/ instructor	Please note: Classes are subject to change pending instructor availability.	GROUP X CLASSES Cost: $5.00/class $45.00 for 10 classes