

July 2019 Group Fitness Classes RB Fitness Center

Mon-Fri 05:00-20:00 Sat 07:30-15:00

*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 1000 Vinyasa Flow w/ Colleen	2	3	4 	5	6
8 1000 Vinyasa Flow w/ Colleen	9	10	11	12	13
15 1000 Vinyasa Flow w/ Colleen	16	17	18	19	20
22 1000 Vinyasa Flow w/ Colleen	23	24	25	26	27 Run to Remember Panzer Parade Field
29 1000 Vinyasa Flow w/ Colleen	30	31	Please note: Classes are subject to change pending instructor availability.	*Denotes new class/ sub/temp class/ instructor	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes