

July 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 Fit w/Veronica 0845 *Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul	2 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ *Colleen 1715 Zumba w/NaiNai	3 0900 Zumba Fit w/Veronica 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	4 	5 0900 Zumba Fit w/Veronica 1145 Indoor Cycling w/ Raul	6
8 0900 Zumba w/Veronica 0845 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul	9 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	10 0900 Zumba Fit w/Veronica 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	11 0830 Power Step w/ Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Ashtanga Yoga w/Sandra	12 0900 Zumba Fit w/Veronica 1145 Indoor Cycling w/ Raul	13
15 0900 Zumba w/Veronica 0845 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 *Yoga w/Robin F. 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ *Natalie	16 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	17 0900 Zumba Fit w/Veronica 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/ *Natalie	18 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Ashtanga Yoga w/Sandra	19 0900 Zumba Fit w/Veronica 1145 Indoor Cycling w/ Raul	20
22 0900 Zumba w/Veronica 0845 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ *Natalie	23 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/Nai Nai	24 0900 Zumba Fit w/Veronica 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/ *Natalie	25 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ *Robin F. 1715 Ashtanga Yoga w/Sandra	26 0900 Zumba Fit w/Veronica 1145 Indoor Cycling w/ Raul	27 Run to Remember Panzer Parade Field
29 0900 Zumba w/Veronica 0845 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul	30 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	31 0900 Zumba Fit w/Veronica 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	* Denotes new class/sub/ instructor	Please note: Classes are subject to change pending instructor availability.	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes