

October 2019 Group Fitness Classes Patch Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays CIV 0711-680-7316



Mon	Tue	Wed	Thu	Fri	Sat/Promos
	<p>1</p> <p>0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba Step w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>2</p> <p>0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>3</p> <p>0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>4</p> <p>0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>5</p> <p>*Denotes new class/ sub/instructor</p>
<p>7</p> <p>0900 Zumba w/Veronica 0900 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul</p>	<p>8</p> <p>0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>9</p> <p>0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w Andrea 1730 Indoor Cycling w/ Raul</p>	<p>10</p> <p>0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>11</p> <p>0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>All Group Fitness Classes are held in the Aerobics Room (upstairs), except the following: Classes in red are held in the Boxing Room. (first floor) Classes in blue are held in the Spin Room (first floor).</p>
<p>14</p> <p>Columbus Day No Classes</p>	<p>15</p> <p>0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/*Colleen 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba Step w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>16</p> <p>0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>17</p> <p>0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>18</p> <p>0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>19</p> <p>Octoberfest Boxing Championship Panzer Fitness Center</p>
<p>21</p> <p>0900 Zumba w/Veronica 0900 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul</p>	<p>22</p> <p>0630 Mindful Yoga 30 w/Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>23</p> <p>0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>24</p> <p>0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>25</p> <p>0900 Zumba Fit w/Veronica 0930 Cycle Express w/Lindsay 1015 Barre Express w/ Lindsay 1145 Indoor Cycling w/ Raul</p>	<p>26</p> <p>The Great Pumpkin Run Patch Fitness Center</p>
<p>28</p> <p>0900 Zumba w/Veronica 0900 Spin & Sculpt w/ Lindsay 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul</p>	<p>29</p> <p>0630 Mindful Yoga 30 w/ Sandra 0830 Body Blast w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Zumba Step w/NaiNai 1830 Boxing for Fitness w/Luis</p>	<p>30</p> <p>0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>31</p> <p>0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1600 Boxing for Fitness w/ Luis 1715 Boxing for Fitness w/ Luis 1715 Ashtanga Yoga 60w/Sandra 1830 Boxing for Fitness w/Luis</p>	<p>Please note: Classes are subject to change pending instructor availability</p>	<p>GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes (except Krav Maga and Boxing)</p>