UNITED STATES ARMY
EST STUTTGART 1946
Sports • Fitness

March 2020 Group Fitness Classes Patch Fitness Center

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

U.S. ARMY MWR

Mon	Tue	Wed	Thu	Fri	Sat/Sun/Promos
2 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ *Silvia	3 ~~0630 Mindful Yoga 30 w/Sandra~~ 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Robin 1715 Zumba w/NaiNai ~~*1830 Cardio Kick & Sculpt w/ Becky~~	4 *0545 Spin w/ Lynn 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ *Silvia 1130 HIIT 45 w/Mirka 1730 Indoor Cycling w/ *Silvia	5 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky	6 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/ *Nicola 1145 Indoor Cycling w/ *Silvia	7*1000 Indoor Cycling w/ Silvia Sunday Mar 8 *1000 Vinyasa/Restorative Yoga 90 min w/ Robin
9 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ *Silvia	10 ~~0630 Mindful Yoga 30 w/Sandra~~ 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Robin 1715 Zumba w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky	11 *0545 Spin w/ Lynn 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ *Silvia 1130 HIIT 45 w/Mirka 1730 Indoor Cycling w/ *Silvia	12 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky	13 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/*Nicola ~~1145 *Spin w/ Lynn~~	14 1000 Indoor Cycling w/ Silvia
16 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola ~~1015 Butts & Guts w/Mirka~~ ~~1130 Buti Yoga 45 w/Sandra~~ 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ *Silvia	17 ~~0630 Mindful Yoga 30 w/Sandra~~ ~~0830 Tabata w/Emily~~ ~~0945 Muscle Pump w/Emily~~ 1130 All Levels Yoga w/Robin 1715 Zumba Step w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky	18 *0545 Spin w/ Lynn 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ *Silvia 1130 HIIT 45 w/Mirka 1730 Indoor Cycling w/ Raul	19 ~~0830 Tabata w/Emily~~ ~~0945 Muscle Pump w/Emily~~ 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky	20 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/ *Nicola 1145 Indoor Cycling w/ Raul	21 1000 Indoor Cycling w/ Raul
23 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul	24 ~~0630 Mindful Yoga 30 w/Sandra~~ ~~0830 Tabata w/Emily~~ ~~0945 Muscle Pump w/Emily~~ 1130 All Levels Yoga w/Robin 1715 Zumba w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky	25 *0545 Spin w/ Lynn 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ *Silvia 1130 HIIT 45 w/Mirka 1730 Indoor Cycling w/ Raul	26 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky	27 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/ *Nicola 1145 *Spin w/ Lynn	28 1000 Indoor Cycling w/ Silvia
30 0900 Zumba w/Veronica ~~0930 Spin & Sculpt w/ *Nicola~~ 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul	31 ~~0630 Mindful Yoga 30 w/Sandra~~ 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1715 Zumba Step w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky	GROUP X CLASSES Cost: $5.00/class $45.00 for 10 classes (except Krav Maga)	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).	*Denotes new class/ sub/instructor	Please note: Classes are subject to change pending instructor availability