



March 2020 Group Fitness Classes Panzer Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays Closed CIV 07031.15.2724

*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
2 0900 HIIT X w/Sanel	3 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	4 0900 HIIT X w/Sanel 1730 Zumba Step w/ Nai Nai	5 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	6 0900 HIIT X w/Sanel 1015 Slow Flow Yoga w/Macie	7 * Denotes sub, new instructor, or new class
9 0900 HIIT X w/Sanel	10 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	11 0900 HIIT X w/Sanel 1730 Zumba Step w/ Nai Nai	12 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	13 0900 HIIT X w/Sanel 1015 Slow Flow Yoga w/Macie	14 GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes
16 0900 HIIT X w/Sanel	17 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	18 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	19 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	20 0900 HIIT X w/Sanel 1015 Slow Flow Yoga w/Macie	21
23 0900 HIIT X w/Sanel	24 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	25 0900 HIIT X w/Sanel 1730 Zumba Step w/ Nai Nai	26 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	27 0900 HIIT X w/Sanel 1015 Slow Flow Yoga w/Macie	28
30 0900 HIIT X w/Sanel	31 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka				29