

Patch Fitness Center



April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Fitness Classes \$5/class or \$45 for 10 coupons Special pricing applies	0545 *SLAM the Alarm 1 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	0545 *SLAM the Alarm 2 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Yoga Sculpt w/ Jillian	0545 *SLAM the Alarm 3 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	4 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	5 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
7 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/ Julie	8 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	9 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Yoga Sculpt w/ Jillian	10 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	11 0600 Sunrise Yoga w/ Sydney 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	12 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
14 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/ Julie 1600 Yoga Flow w/ Sydney	15 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	16 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Yoga Sculpt w/ Jillian	17 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	18 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	19 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
21 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/ Julie	22 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	23 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Yoga Sculpt w/ Jillian	24 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	25 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	26 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
28 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/ Julie 1600 Yoga Flow w/ Sydney	29 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	30 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Yoga Sculpt w/ Jillian			

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