

PATCH FITNESS CENTER

CIV: +49 09641-70596-7136 / DSN: 596-7136

October 2026

MON	TUE	WED	THU	FRI	SAT	SUN
			0545 SLAM the Alarm* 0815 Spin 30 w/ Brooke 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga Reset 45 w/ Kristen 1700 Zumba w/ Wilfa	0600 Sunrise Pilates w/ Mandy 0900 Barre Intensity w/ Spring 1015 Zumba+Lift w/ Spring	0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	0900 Sunrise Pilates w/ Mandy
0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Shannon 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Jillian 1830 Slow Flow Yoga w/ Jillian	0545 SLAM the Alarm* 0815 Spin 30 w/ Brooke 0900 Muscle Pump w/ Amy 0930 *SLAM* 1015 Zumba w/ Amy 1200 Yoga for Balance & Flexibility w/ Kristen 1700 Zumba w/ Wilfa	0545 SLAM the Alarm* 0815 Spin 45 w/ Megan 0830 Functional Fitness w/ Brooke 0930 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	0545 SLAM the Alarm* 0815 Spin 30 w/ Brooke 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga Reset 45 w/ Kristen 1700 Zumba w/ Wilfa	0600 Sunrise Pilates w/ Mandy 0900 Barre Intensity w/ Spring 1015 Zumba+Lift w/ Spring	0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	0900 Sunrise Pilates w/ Mandy
Federal Holiday No Classes	0545 SLAM the Alarm* 0815 Spin 30 w/ Brooke 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1200 Yoga for Balance & Flexibility w/ Kristen 1700 Zumba w/ Wilfa	0545 SLAM the Alarm* 0815 Spin 45 w/ Megan 0830 Functional Fitness w/ Brooke 0930 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	0545 SLAM the Alarm* 0815 Spin 30 w/ Brooke 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga Reset 45 w/ Kristen 1700 Zumba w/ Wilfa	0600 Sunrise Pilates w/ Mandy 0900 Barre Intensity w/ Spring 1015 Zumba+Lift w/ Spring	0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	0900 Sunrise Pilates w/ Mandy
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