

PATCH FITNESS CENTER

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

August 2026

MON	TUE	WED	THU	FRI	SAT	SUN
0600 Sunrise Pilates w/ Mandy ³ 0830 Weightlifting w/ Shannon 0900 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Jillian 1830 Slow Flow Yoga w/Jillian	0545 SLAM the Alarm* ⁴ 0815 Spin 45 w/ Brooke 0900 Muscle Pump w/ Amy 0900 SLAM* 1015 Zumba w/ Wilfa 1700 FUSE w/ Jennifer	0545 SLAM the Alarm* ⁵ 0830 Functional Fitness w/ Brooke 0900 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	0545 SLAM the Alarm* ⁶ 0900 Muscle Pump w/ Amy 0900 SLAM* 1015 Zumba w/ Wilfa 1700 FUSE w/ Jennifer	0600 Sunrise Pilates w/ Mandy ⁷ 1015 Zumba+Lift w/ Spring	0900 Yoga for Rest & Recovery w/ Robin ¹ 1015 Zumba w/ Yvonne 0900 Yoga for Rest & Recovery w/ Robin ⁸ 1015 Zumba w/ Yvonne	0900 Sunrise Pilates w/ Mandy ² 0900 Sunrise Pilates w/ Mandy ⁹
0600 Sunrise Pilates w/ Mandy ¹⁰ 0830 Weightlifting w/ Shannon 0900 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Jillian 1830 Slow Flow Yoga w/Jillian	0545 SLAM the Alarm* ¹¹ 0815 Spin 45 w/ Brooke 0900 Muscle Pump w/ Amy 0900 SLAM* 1015 Zumba w/ Wilfa 1700 FUSE w/ Jennifer	0545 SLAM the Alarm* ¹² 0830 Functional Fitness w/ Brooke 0900 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	0545 SLAM the Alarm* ¹³ 0900 Muscle Pump w/ Amy 0900 SLAM* 1015 Zumba w/ Wilfa 1700 FUSE w/ Jennifer	0600 Sunrise Pilates w/ Mandy ¹⁴ 1015 Zumba+Lift w/ Spring	0900 Yoga for Rest & Recovery w/ Robin ¹⁵ 1015 Zumba w/ Yvonne	0900 Sunrise Pilates w/ Mandy ¹⁶
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