

# PATCH FITNESS CENTER

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

June 2026

MON	TUE	WED	THU	FRI	SAT	SUN
1 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Jillian 1830 Slow Flow Yoga w/ Jillian	2 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 *SLAM* 1015 Zumba w/ Amy 1700 Zumba w/Wilfa	3 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/Wilfa 1730 Power Sculpt w/ Jillian	4 0545 SLAM the Alarm* 0900 Muscle Pump w/ Amy <del>0900 Kickboxing* w/ Erica</del> 0930 SLAM* 1015 Zumba w/ Wilfa 1700 Zumba w/Wilfa	5 0600 Sunrise Pilates w/ Mandy 1015 Zumba+Lift w/ Spring	6 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	7 0900 Sunrise Pilates w/ Mandy
8 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Jillian 1830 Slow Flow Yoga w/ Jillian	9 545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 *SLAM* 1015 Zumba w/ Amy 1700 Zumba w/Wilfa	10 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa <del>1730 Power Sculpt w/ Jillian</del>	11 0545 SLAM the Alarm* 0900 Muscle Pump w/ Amy <del>0900 Kickboxing* w/ Erica</del> 0930 SLAM* 1015 Zumba w/ Wilfa 1700 Zumba w/Wilfa	12 <del>0600 Sunrise Pilates w/ Mandy</del> 1015 Zumba+Lift w/ Spring	13 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	14 <del>0900 Sunrise Pilates w/ Mandy</del>
15 <del>0600 Sunrise Pilates w/ Mandy</del> 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Jillian 1830 Slow Flow Yoga w/ Jillian	16 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1700 FUSE w/ Jennier	17 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 Power Sculpt w/ Jillian	18 0545 SLAM the Alarm* 0900 Muscle Pump w/ Amy 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Amy 1700 FUSE w/ Jennier	19 <b>Federal Holiday No Classes</b>	20 <del>0900 Yoga for Rest &amp; Recovery w/ Robin</del> 1015 Zumba w/ Yvonne	21 0900 Sunrise Pilates w/ Mandy
22 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy <del>1730 HIIT 45 w/ Jillian</del> <del>1830 Slow Flow Yoga w/ Jillian</del>	23 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1700 FUSE w/ Jennier	24 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 Power Sculpt w/ Jillian	25 0545 SLAM the Alarm* 0900 Muscle Pump w/ Amy 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Amy 1700 FUSE w/ Jennier	26 <del>0600 Sunrise Pilates w/ Mandy</del> <del>1015 Zumba+Lift w/ Spring</del>	27 <b>Unmanned Access Only No Classes</b>	28 0900 Sunrise Pilates w/ Mandy
29 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy <del>1730 HIIT 45 w/ Jillian</del> <del>1830 Slow Flow Yoga w/ Jillian</del>	30 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1700 FUSE w/ Jennier					

