

Patch Fitness Center



May 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Fitness Classes \$5/class or \$45 for 10 coupons Special pricing applies 0545 SpinScience w/ JP 5 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1600 Yoga Flow w/ Sydney			0545 *SLAM the Alarm 1 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	2 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	3 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba Party w/ Anais
0545 SpinScience w/ JP 5 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1600 Yoga Flow w/ Sydney	6 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Taryn 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	7 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Yoga Sculpt w/ Jillian	8 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	9 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	10 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
12 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy	13 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	14 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	15 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	16 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	17 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
19 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy	20 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	21 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	22 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1100 80s Spin 30 w/ A-M 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	23 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	24 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
26 Federal Holiday No Classes	27 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	28 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	29 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	30 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	31 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne