

PATCH FITNESS CENTER

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

April 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	2 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoï 1715 FUSE w/ Jennifer	3 0600 Sunrise Pilates w/ Mandy 0900 Cycling 30 w/ Anna 1015 Zumba w/ Anais	4 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	5 0900 Sunrise Pilates w/ Mandy
6 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	7 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 *SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoï 1700 Zumba w/Wilfa	8 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	9 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoï 1700 Zumba w/Wilfa	10 0600 Sunrise Pilates w/ Mandy 0900 Cycling 30 w/ Anna 1015 Zumba w/ Anais	11 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	12 0900 Sunrise Pilates w/ Mandy
13 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	14 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1200 Vinyasa Yoga w/ Yayoï 1715 FUSE w/ Jennifer	15 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 Power Sculpt w/ Jillian	16 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Amy 1200 Yoga for Flexibility & Posture w/ Yayoï 1715 FUSE w/ Jennifer	17 0600 Sunrise Pilates w/ Mandy 0900 Cycling 30 w/ Anna 1015 Zumba w/ Anais	18 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	19 0900 Sunrise Pilates w/ Mandy
20 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	21 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1200 Vinyasa Yoga w/ Yayoï 1715 FUSE w/ Jennifer	22 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 Power Sculpt w/ Jillian	23 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Amy 1200 Yoga for Flexibility & Posture w/ Yayoï 1715 FUSE w/ Jennifer	24 0600 Sunrise Pilates w/ Mandy 0900 Cycling 30 w/ Anna 1015 Zumba w/ Anais	25 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	26 0900 Sunrise Pilates w/ Mandy
27 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	28 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Amy 1200 Vinyasa Yoga w/ Yayoï 1715 FUSE w/ Jennifer	29 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Amy 1730 Power Sculpt w/ Jillian	30 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Amy 1200 Yoga for Flexibility & Posture w/ Yayoï 1715 FUSE w/ Jennifer			

