

PATCH FITNESS CENTER

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

May 2026

MON	TUE	WED	THU	FRI	SAT	SUN
				1 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	2 0900 Yoga for Rest & Recovery w/ Robin 1015 ZUMBATHON w/ Yvonne	3 0900 Sunrise Pilates w/ Mandy
4 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	5 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 *SLAM* 1015 Zumba w/Amy 1200 Vinyasa Yoga w/ Yayoi 1700 FUSE w/ Jennifer	6 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	7 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/ Yayoi 1700 Zumba w/Wilfa	8 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	9 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	10 0900 Sunrise Pilates w/ Mandy
11 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	12 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/Wilfa	13 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/Amy 1730 Power Sculpt w/ Jillian	14 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/ Yayoi 1700 Zumba w/Wilfa	15 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	16 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	17 0900 Sunrise Pilates w/ Mandy
18 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	19 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/Wilfa	20 0545 SLAM the Alarm* 0600 Murph Community Workout – Husky Field 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/Amy 1730 Power Sculpt w/ Jillian	21 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/ Yayoi 1700 Zumba w/Wilfa	22 Unmanned Access Only No Classes	23 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	24 0900 Sunrise Pilates w/ Mandy
25 Federal Holiday No Classes	26 0545 SLAM the Alarm* 0815 Spin 45 w/ Nicole 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/Wilfa	27 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/Amy 1730 Power Sculpt w/ Jillian	28 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/ Yayoi 1700 Zumba w/Wilfa	29 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	30 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne	31 0900 Sunrise Pilates w/ Mandy

