

WIESBADEN SPORTS AND FITNESS CENTER

GROUP FITNESS

JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Instructors: AF Augusta Fehn AO Aida Otieno KA Krista Avant NK Nelli Klygina		RD Rey Drummond CD Caroline Dozier SR Shawn Robertson MC Mary Campbell	Fitness Rooms: MB = Mind and Body FUS = Fusion 1B and 1C Spin Class Price: \$5 w/ 10 Pass Package \$6 / Drop In	Join Mary every Tuesday and Thursday @ 1100 for Butts & Guts! A mix of bodyweight moves and dumbbells to fire up your glutes and core.		
		1 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	2 1130 Pump NK 1B 1145 Spin AO Spin	3 1015 Stretch'n'Flow 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	4 Independence Day Federal Holiday No classes	5 0900 FFT RD FUS
6 Training Holiday 0830-1700 No classes	7	8 0600 SPIN AF SPIN 1600 Krav Maga SR 1B 1715 FFT RD FUS	9 1130 Pump NK 1B 1145 Spin AO Spin	10 1015 Stretch'n'Flow NK 1B 1600 Krav Maga SR 1B 1715 FFT RD FUS	11 0930 Pump NK 1B 1045 POP Pilates NK 1B	12 0900 FFT RD FUS
13 0930 Pump+Core NK 1B 1045 POP Pilates NK 1B 1145 Spin AO Spin	14	15 0600 SPIN AF SPIN 1000 Step NK 1B 1100 Butts & Guts MC FUS 1715 FFT RD FUS	16 1130 Pump NK 1B 1145 Spin AO Spin	17 1015 Stretch'n'Flow NK 1B 1100 Butts & Guts MC FUS 1715 FFT RD FUS	18 0930 Pump NK 1B 1045 POP Pilates NK 1B	19 0900 FFT RD FUS
20 0930 Pump+Core NK 1B 1045 POP Pilates NK 1B 1145 Spin AO Spin	21	22 0900 HIIT CD FUS 1000 Step NK 1B 1600 Krav Maga SR 1B 1715 FFT RD FUS	23 0900 Beg. Yoga CD 1B 1130 Pump NK 1B 1145 Spin AO Spin	24 0900 Kickboxing CD 1B 1015 Stretch'n'Flow NK 1B 1600 Krav Maga SR 1B 1715 FFT RD FUS	25 0900 Beg. Yoga CD FUS 0930 Pump NK 1B 1045 POP Pilates NK 1B	26 0900 FFT RD FUS 1000 Beg. Yoga CD 1B
27 0930 Pump+Core NK 1B 1045 POP Pilates NK 1B 1145 Spin AO Spin	28	29 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	30 0900 Beg. Yoga CD 1B 1130 Pump NK 1B 1145 Spin AO Spin	31 0900 Kickboxing CD 1B 1015 Stretch'n'Flow NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	   	