



WIESBADEN SPORTS AND FITNESS CENTER

GROUP FITNESS SCHEDULE

JANUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
	Instructors: RD - Rey Drummond AO - Aida Otieno KA - Krista Avant MC - Mary Campbell CS— Christina Speed	CD - Caroline Dozier SR - Shawn Robertson BP - Brittani Parker	Class Prices: \$50 = 10 Pass Package (\$5 per Class) \$6 = Individual Ticket	Fitness Rooms: MB = Mind and Body FUS = Fusion 1A-C Spin		
				1	2	3 0900 FFT RD FUS
4	5 0900 Bodywork & AbsCD 1A 1145 Spin AO Cycle 1600 Zumba BP 1A	6 0900 HIIT CD FUS 1100 Butts&Guts MC FUS 1615 Krav Maga SR 1A 1715 FFT RF FUS	7 0630 HIIT CD 1A 0900 Pilates/ Beg. Yoga CD 1A 1015 Zumba BP 1A 1145 Spin AO Cycle	8 0900 Kickboxing CD 1A 1100 Butts & Guts MC FUS 1615 Advanced Krav Maga SR 1A 1715 FFT RD FUS	9 0900 HIIT CD FUS 1830 Zumba BP 1A	10 0900 FFT RD FUS 1000-Beg. Yoga CD 1A
11	12 0900 Bodywork & Abs CD 1A 1145 Spin AO Cycle 1600 Zumba BP 1A	13 0900 HIIT CD FUS 1100 Butts&Guts MC Fus 1615 Yoga CS 1A 1615 Krav Maga SR RC 1715 FFT RD FUS 1730 Mixed MA KA 1A	14 0630 HIIT CD 1A 0900 Pilates/ Beg. Yoga CD 1A 1015 Zumba BP 1A 1145 Spin AO Cycle 1730 Mixed MA KA 1A	15 0900 Kickboxing CD 1A 1100 Butts & Guts MC FUS 16015 Yoga CS 1A 1615 Advanced Krav Maga SR RC 1715 FFT RD FUS	16 0900 HIIT CD FUS	17 0900 FFT RD FUS
18	19 Federal Holiday	20 0900 HIIT CD FUS 1615 Yoga CS 1A 1715 FFT RD FUS 1730 Mixed MA KA 1A	21 0630 HIIT CD 1A 0900 Pilates/ Beg. Yoga CD 1A 1015 Zumba BP 1A 1145 Spin AO Cycle 1730 Mixed MA KA 1A	22 0900 Kickboxing CD 1A 1615 Yoga CS 1A 1715 FFT RD FUS	23 0900 HIIT CD FUS 1830 Zumba BP 1A	24 0900 FFT RD FUS 1000-Beg. Yoga CD 1A
25	26 0900 Bodywork & AbsCD 1A 1145 Spn AO Cycle 1600 Zumba BP 1A	27 0900 HIIT CD FUS 1615 Yoga CS 1A 1615 Krava Maga SR RC 1715 FFT RD FUS	28 0630 HIIT CD 1A 0900 Pilates/ Beg. Yoga CD 1A 1015 Zumba BP 1A 1145 Spin AO Cycle	29 0900 Kickboxing CD 1A 1615 Yoga CS 1A 1615 Advanced Krava Maga SR RC 1715 FFT RD FUS	30 0900 HIIT CD FUS 1830 Zumba BP 1A	31