



MICHEAL B. RILEY
FITNESS CENTER USAG WIESBADEN

August

GROUP FITNESS SCHEDULE

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Instructors: RD - Rey Drummond CD - Caroline Dozier AO - Aida Otieno SR - Shawn Robertson KA - Krista Avant SB - Samara Burnett BP - Brittani Parker TS - Tina Speed HC - Hava Camp	Fitness Rooms: MB = Mind and Body FUS = Fusion RB=Racquetball 1A/B 1C Spin Room	Class Prices: \$20 = Boot Camp Drop In \$50 = 10 Pass Package (\$5 per Class) \$6 = Individual Ticket \$8 = Krav Maga \$450 = Total Body PP * \$205 = Boot Camp * = No Drop Ins			1
3 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	4 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	5 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	6 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	7 Training Holiday 0900 HIIT CD FUS	8
10 Training Holiday 0900 Bodywork & Abs CD 1A 1800 Boot Camp HC FUS	11 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	12 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	13 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	14 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	15
17 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	18 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	19 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	20 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	21 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	22
24 0630 Pregnancy PT (AD) 1A 0900 Bodyworks +ABS CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	25 0630 Pregnancy PT (AD) 1A 0900 HIIT CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	26 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	27 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	28 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	29