



MICHEAL B. RILEY

FITNESS CENTER

USAG WIESBADEN

GROUP FITNESS SCHEDULE

September

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1130 Vinyasa Yoga TS 1C 1145 Spin AO Spin 1800 Boot Camp HC FUS	1 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Beginner Yoga CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	2 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	3 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	4 Training Holiday 0900 HIIT CD FUS	5
7 Training Holiday 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	8 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Beginner Yoga CD 1A 1615 Krav Maga SR 1A 1715 FFT RD FUS 1745 Mix Fit KA 1A	9 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	10 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	11 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	12
14 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1130 Vinyasa Yoga TS 1C 1145 Spin AO Spin	15 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Beginner Yoga CD 1A 1615 Krav Maga SR 1A 1715 FFT RD FUS 1745 Mix Fit KA 1A	16 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A	17 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	18 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	19
21 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin	22 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Beginner Yoga CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	23 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A	24 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1715 FFT RD FUS	25 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	26
28 0630 Pregnancy PT (AD) 1A 0900 Bodyworks +ABS CD 1A 1145 Spin AO Spin	29 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Beginner Yoga CD 1A 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	30 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A	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