

WIESBADEN SPORTS AND FITNESS CENTER GROUP FITNESS

APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Instructors: AF Augusta Fehn AO Aida Otieno KA Krista Avant NK Nelli Klygina		RD Rey Drummond ME Melissa Elam BS Brittani Stokes CD Caroline Dozier SR Shawn Robertson	Fitness Rooms: MB = Mind and Body FUS = Fusion 1C Spin	Class Price: \$5 w/ 10 Pass Package \$6 / Drop In		
		1715 FFT RD FUS 1	1145 Spin AO Spin 2	0600 SPIN AF SPIN 1600 Krav Maga SR 1C 1715 FFT RD FUS 3	0900 FFT RD FUS 4	0900 FFT RD FUS 5
6	0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1600 Krav Maga SR 1C 7	0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa II ME 1C 8	0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1800 BANG FIT ME 1C 9	0900 Kickboxing CD RB 1015 Stretch'n'Flow NK FUS 1130 BANG FIT ME FUS 1600 Krav Maga SR 1C 1715 FFT RD FUS 1800 Salsa III ME 1C 10	0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C 11	0900 FFT RD FUS 1000 Beg. Yoga CD 1C 12
13	0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1600 Krav Maga SR 1C 14	0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa II ME 1C 15	0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1800 BANG FIT ME 1C 16	0600 SPIN AF SPIN 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1600 Krav Maga SR 1C 1800 Salsa III ME 1C 17	Training Holiday 0830-1700 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C 18	1000 Beg. Yoga CD 1C 19
20	Training Holiday 0830-1700 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 21	0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa II ME 1C 22	0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C 23	0600 SPIN AF SPIN 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT RD FUS 1800 Salsa III ME 1C 24	0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C Salsa Practice ME 1C 25	0900 FFT RD FUS 1000 Beg. Yoga CD 1C 26
27	0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 28	0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa II ME 1C 29	0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C 30	Thurs: 1015 Stretch'n'Flow: Join Nelli with Stretch' n' Flow class is designed to enhance your overall flexibility, improve balance and core stability, and harmonize the body through a combination of stretching, body rolling, and targeted exercises. You will safely increase flexibility over time, and improve coordination. Breathing exercises will help calm the mind and body. Class is suitable for all fitness levels. Whether you're looking to improve your athletic performance or simply want to feel more comfortable.		

Salsa III: Join Melissa to Increase your confidence in your dancing in this Beginner Level 3 course. We will focus on Inside and Outside turns as we continue to develop your turning technique, as well as your connection with both the music and your partner. Prerequisite: Completion of Beginner Salsa I and

