



# Wiesbaden Fitness Center

## GROUP FITNESS SCHEDULE



### June 2026

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|--|---|
| <b>1</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Bodywork & Abs CD 1A<br>1130 Boot Camp HC FUS<br>1130 Vinyasa Yoga TS 1C<br>1145 Spin AO Spin<br>1800 Boot Camp HC FUS  | <b>2</b><br>0630 Pregnancy PT (AD) 1A<br>0900 HIIT CD FUS<br>1615 Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS<br>1745 Mix Fit KA 1A  | <b>3</b><br>0900 Pilates/ Yoga CD 1A<br>1130 Boot Camp HC FUS<br>1145 Spin AO Spin<br>1745 Mix Fit KA 1A<br>1800 Boot Camp HC FUS                       | <b>4</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Kickboxing CD 1A<br>1615 Adv Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS  | <b>5</b><br>0630 Pregnancy PT (AD) 1A<br>0900 HIIT CD FUS  | <b>6</b>  |
| <b>8</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Bodywork & Abs CD 1A<br>1130 Boot Camp HC FUS<br>1130 Vinyasa Yoga TS 1C<br>1145 Spin AO Spin<br>1800 Boot Camp HC FUS  | <b>9</b><br>0630 Pregnancy PT (AD) 1A<br>0900 HIIT CD FUS<br>1615 Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS<br>1745 Mix Fit KA 1A  | <b>10</b><br>0900 Pilates/ Yoga CD 1A<br>1130 Boot Camp HC FUS<br>1145 Spin AO Spin<br>1745 Mix Fit KA 1A<br>1800 Boot Camp HC FUS                      | <b>11</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Kickboxing CD 1A<br>1615 Adv Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS | <b>12</b><br>0630 Pregnancy PT (AD) 1A<br>0900 HIIT CD FUS   | <b>13</b><br>1000 Beg. Yoga CD 1A   |
| <b>15</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Bodywork & Abs CD 1A<br>1130 Boot Camp HC FUS<br>1130 Vinyasa Yoga TS 1C<br>1145 Spin AO Spin<br>1800 Boot Camp HC FUS | <b>16</b><br>0630 Pregnancy PT (AD) 1A<br>0900 HIIT CD FUS<br>1615 Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS<br>1745 Mix Fit KA 1A | <b>17</b><br>0900 Pilates/ Yoga CD 1A<br>1130 Boot Camp HC FUS<br>1145 Spin AO Spin<br>1745 Mix Fit KA 1A<br>1800 Boot Camp HC FUS                      | <b>18</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Kickboxing CD 1A<br>1615 Adv Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS | <b>19</b><br><b>Training Holiday</b>   | <b>20</b>   |
| <b>22</b><br><b>Training Holiday</b><br>1130 Boot Camp HC FUS<br>1800 Boot Camp HC FUS  | <b>23</b><br>0630 Pregnancy PT (AD) 1A<br>0900 HIIT CD FUS<br>1615 Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS<br>1745 Mix Fit KA 1A | <b>24</b><br>0900 Pilates/ Yoga CD 1A<br>1130 Boot Camp HC FUS<br>Spin AO Spin<br>1745 Mix Fit KA 1A<br>1800 Boot Camp HC FUS                           | <b>25</b><br>0630 Pregnancy PT (AD) 1A<br>0900 Kickboxing CD 1A<br>1615 Adv Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS | <b>26</b><br>0630 Pregnancy PT (AD) 1A   | <b>27</b>   |
| <b>29</b><br>0630 Pregnancy PT (AD) 1A<br>1130 Boot Camp HC FUS<br>1130 Vinyasa Yoga TS 1C<br>1145 Spin AO Spin<br>1800 Boot Camp HC FUS                              | <b>30</b><br>0630 Pregnancy PT (AD) 1A<br>1615 Krav Maga SR 1A<br>1645 Vinyasa Yoga TS 1C<br>1715 FFT RD FUS<br>1745 Mix Fit KA 1A                     | <b>Instructors:</b><br>RD - Rey Drummond<br>CD - Caroline Dozier<br>AO - Aida Otieno<br>SR - Shawn Robertson<br>KA - Krista Avant<br>MC - Mary Campbell | <b>Instructors:</b><br>SB - Samara Burnett<br>BP - Brittain Parker<br>TS - Tina Speed<br>HC - Hava Camp                                   | <b>Fitness Rooms:</b><br>MB = Mind and Body<br>FUS = Fusion<br>RB=Racquetball<br>1A/B<br>1C<br>Spin Room | <b>Class Prices:</b><br>\$20 = Boot Camp Drop In<br>\$50 = 10 Pass Package (\$5 per Class)<br>\$6 = Individual Ticket<br>\$8 = Krav Maga<br><br><b>Class Prices:</b><br>\$450 = Total Body PP *<br>\$205 = Boot Camp<br>* = No Drop Ins |