



October 2021

SUN	MON	TUES	WED	THU	FRI	SAT
	Instructors: EC Emily Coleman JE Jennifer Espinoza JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen	Instructors: MD Maria Diaz RD Rey Drummond RH Rich Hoke SG Steffi Gooding SW Stephanie Whipple		Join our Facebook group for more info! Wiesbaden Sports and Everything Fitness	1 0900 Zumba JM 1c	2 0900 FFT RD fusion 1000 Spin CH
3	4 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba KM 1c	5 0615 PT Spin MD 1145 Pump CH 1715 FFT RD fusion	6 1145 Spin CH 1200 Yoga EC 1c 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba JM 1c	7 1145 Pump CH	8 0830 - 1700 Training Holiday	9 0900 FFT-SG fusion 1000 Spin CH
10	11 0830 - 1700 Columbus Holiday	12 0615 PT Spin MD 1145 Pump CH 1715 FFT RD fusion	13 1145 Spin CH 1200 Yoga EC 1c 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba JM 1c	14 0630 PT Spin MD 1145 Pump CH 1700 FFT RD	15 0900 Zumba JM 1c 1200 Foam Rolling SN	16 0900 FFT RD fusion 1000 Spin CH
17	18 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba KM 1c	19 0615 PT Spin MD 1145 Pump CH 1715 FFT RD fusion	20 1145 Spin CH 1200 Yoga EC 1c 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba JM 1c	21 0630 PT Spin MD 1145 Pump CH 1700 FFT RD	22 0830-1700 Training Holiday	23 0900 FFT RD fusion 1000 Spin CH 1000 Hero WOD MD
24/31	25 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba KM 1c	26 0615 PT Spin MD 1145 Pump CH 1715 FFT RD fusion	27 1145 Spin CH 1200 Yoga EC 1c 1700 Spin RH 1730 Total Body SW fusion 1800 Zumba JM 1c	28 0630 PT Spin MD 1145 Pump CH 1700 FFT RD	29 0900 Zumba JM 1c 1200 Foam Rolling SN	30 0900 Zombie Run 5K 

*Changes for October-Friday 1700 Spin is temporarily replaces with FFT until November. *Added Foam Rolling and a 2nd PT Spin.
 *Also NEW-Pump and Spin during lunch Tue-Wed-Thu!!!! Red indicates a NEW CLASS!

Sign up for:

Small Group Classes with Emily (ecoleman7@yahoo.com)

Power Yoga 1000 Monday and Wednesday

Register Now until Oct 3rd, \$55 for 10 sessions

Small Group Classes with Jennifer (jenruss@gmail.com)

Cardio & Strength 1730 Tuesdays and Thursdays

Register Oct 7-12

Barre 0900 Tuesdays and Thursdays

Register 21-26 October, \$55 for 10 sessions

BOOT CAMP with Hava

October 19-Nov 30th, \$169 for 6 weeks

Tues and Thu evening 1800-1915

PT Spin is a FREE class for Active Service Members. All others regular price.

PUMP is short for a Body Pump style class that focuses on a full body experience with light weights/high reps.

Foam Rolling is a 45 min class focusing on myofascial release. Relieving muscle tightness, soreness and inflammation and increase range of motion.