

WIESBADEN SPORTS AND FITNESS CENTER GROUP FITNESS

AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Instructors: AF Augusta Fehn AO Aida Otieno KA Krista Avant NK Nelli Klygina		RD Rey Drummond CD Caroline Dozier SR Shawn Robertson MC Mary Campbell	Fitness Rooms: MB = Mind and Body FUS = Fusion 1B and 1C Spin Class Price: \$5 w/ 10 Pass Package \$6 / Drop In	Join Nelli every Thursday @ 1015 for Stretch'n'Flow to enhance your overall flexibility, improve balance and core stability, and harmonize the body through a combination of stretching, body rolling, and targeted exercises.		
					1 Training Holiday 0930 Pump NK 1B 1045 POP Pilates NK 1B	2
3 Training Holiday No classes	4	5 0600 SPIN AF Spin 0900 HIIT CD FUS 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	6 1145 Spin AO Spin	7 0600 SPIN AF Spin 0900 Kickboxing CD 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	8	9
10 0930 Pump+Core NK 1B 1045 POP Pilates NK 1B 1145 Spin AO Spin	11 0600 SPIN AF Spin 0900 HIIT CD FUS 1000 Step NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	12	13 1130 Pump NK 1B 1145 Spin AO Spin	14 0900 Kickboxing CD 1B 1015 Stretch'n'Flow NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	15 0930 Pump NK 1B 1045 POP Pilates NK 1B	16
17 0930 Pump+Core NK 1B 1045 POP Pilates NK 1B 1145 Spin AO Spin	18 0900 HIIT CD FUS 1000 Step NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	19	20 1130 Pump NK 1B 1145 Spin AO Spin	21 0900 Kickboxing CD 1B 1015 Stretch'n'Flow NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	22 0930 Pump NK 1B 1045 POP Pilates NK 1B	23
24/31 0930 Pump+Core NK 1B 1045 POP Pilates NK 1B 1145 Spin AO Spin	25 0600 SPIN AF Spin 0900 HIIT CD FUS 1000 Step NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	26	27 1130 Pump NK 1B 1145 Spin AO Spin	28 0900 Kickboxing CD 1B 1015 Stretch'n'Flow NK 1B 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1B 1715 FFT RD FUS	29 Training Holiday	30

