

WIESBADEN SPORTS AND FITNESS CENTER GROUP FITNESS

JUNE 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 CD Caroline Dozier SR Shawn Robertson MC Mary Campbell	Fitness Rooms: MB = Mind and Body FUS = Fusion 1C Spin Class Price: \$5 w/ 10 Pass Package \$6 / Drop In	Join Mary every Tuesday and Thursday @ 1100 for Butts & Guts! A mix of bodyweight moves and dumbbells to fire up your glutes and core. Join Melissa on Friday, June 27 @ 1800 for her last Salsa Open Practice.		
1 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	2 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	3 0900 HIIT CD FUS 1000 Step NK 1C 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1C 1715 FFT RD FUS	4 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin	5 0600 SPIN AF SPIN 0900 Kickboxing CD 1C Outside 1015 Stretch'n'Flow Outside 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1C 1715 FFT RD FUS	6 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C	7 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
8 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	9 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	10 0900 HIIT CD FUS 1715 FFT RD FUS	11 0900 Beg. Yoga CD Outside 1145 Spin AO Spin	12 0600 SPIN AF SPIN 0900 Kickboxing CD 1C Outside 1015 Stretch'n'Flow Outside 1715 FFT RD FUS	13 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C	14 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
15 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	16 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	17 0900 HIIT CD FUS 1000 Step NK 1C 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1C 1715 FFT RD FUS	18 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C	19 Juneteenth Federal Holiday 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C	20 Training Holiday 0830-1700 0930 Pump NK 1C 1045 POP Pilates NK 1C	21
22 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	23 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	24 0900 HIIT CD FUS 1000 Step NK 1C 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1C 1715 FFT RD FUS	25 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C	26 0600 SPIN AF SPIN 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1100 Butts & Guts MC FUS 1600 Krav Maga SR 1C 1715 FFT RD FUS	27 0900 Beg. Yoga CD FUS 1800 Salsa Practice ME 1C	28 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
29 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	30 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	    				