



Wiesbaden Sports and Fitness

JUNE FITNESS CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
29	30	31 0615 PT Spin MD 0945 Zumba QB	1 0615 FFT – SG 1000 Yoga - EC 1200 Yoga – EC 1630 Foam rolling SN 1730 TRX SN 1800 Zumba JM	2 0615 Yoga KK 1000 Zumba QB 18:00 FFT- SG	3 0900 Zumba JM	4
5	6 0900 Foam rolling SN 1000 Yoga EC 1800 Zumba KM	7 0615 PT Spin MD 0945 Zumba QB	8 1200 Yoga EC 1630 Foam rolling SN 1730 TRX SN 1800 Zumba JM	9 0615 Yoga KK 0900 Yoga HH 1000 Zumba QB	10 0900 Zumba JM	11 0900 FFT RD
12	13 0900 Foam rolling SN 1800 Zumba KM	14 1715 FFT RD 5K Army Birthday Run 0630	15 06:15 FFT – SG 1630 Foam rolling SN 1730 TRX SN 1800 Zumba JM	16 0615 Yoga KK 0900 Yoga 18:00 FFT- SG	17 Training Holiday 0830-1700	18 0900 FFT RD
19	20 FEDERAL HOLIDAY 0830-1700	21 0615 PT Spin MD 0945 Zumba QB 1715 FFT RD	22 1630 Foam rolling SN 1730 TRX SN 1800 Zumba JM	23 0615 Yoga KK 1000 Zumba QB 18:00 FFT- SG	24 0900 Zumba JM	25 0900 FFT RD 1000 Micheal Riley Hero WOD
26	27 0900 Foam rolling SN 1800 Zumba KM	28 0615 PT Spin MD 0945 Zumba QB 1715 FFT RD	29 06:15 FFT - SG 1000 Yoga - EC 1200 Yoga – EC 1630 Foam rolling SN 1730 TRX SN 1800 Zumba JM	30 0615 Yoga KK 1000 Zumba QB 18:00 FFT- SG	Instructors: EC Emily Coleman JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen BJ Barbara Jiron	Instructors: MD Maria Diaz RD Rey Drummond SG Steffi Gooding KK Kirsten Kieffer HH Heather Holdaway QB Quintessa Brown