WIESBADEN SPORTS AND FITNESS CENTER

GROUP FITNESS SCHEDULE

November 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	Instructors: AF - Augusta Fehn AO - Aida Otieno KA - Krista Avant NK - Nelli Klygina BP - Brittani Parker	RD - Rey Drummond CD - Caroline Dozier SR - Shawn Robertson MC - Mary Campbell	**Class Prices:** $50 = 10 Pass Package ($5 per Class) $6 = Individual Ticket	**Fitness Rooms:** MB = Mind and Body FUS = Fusion 1A-C Spin		1 0900 FFT RD Fus RM 1000 YOGA CD 1C
2	3 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	4 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1715 FFT RD Fusion Rm	5 0900 Beg. Yoga CD 1A 10:15 Zumba—BP 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1A KA	6 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1715 FFT RD FUS	7 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A 1830 Zumba—-BP	8 0900 FFT RD Fus RM
9	10 TRAINING HOLIDAY 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	11 **HOLIDAY**	12 0900 Beg. Yoga CD 1A 10:15 Zumba—BP 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1A KA	13 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B 1715 FFT RD FUS	14 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A 1830 Zumba—-BP	15 0900 FFT RD Fus RM 1000 YOGA CD 1C
16	17 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	18 0900 HIIT CD FUS 1000 Athletic Step NK 1A 10:00 Zumba—BP 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1715 FFT RD Fusion Rm	19 0900 Beg. Yoga CD 1A 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1A KA	20 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B 1715 FFT RD FUS	21 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A	22 0900 FFT RD Fus RM
23	24 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	25 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1715 FFT RD Fusion Rm	26 0900 Beg. Yoga CD 1A 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1A KA	27 **HOLIDAY**	28 TRAINING HOLIDAY 0900 HIIT CD FUS	29
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