



MICHEAL B. RILEY

FITNESS CENTER

USAG WIESBADEN

GROUP FITNESS SCHEDULE

October

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Instructors: RD - Rey Drummond CD - Caroline Dozier AO - Aida Otieno SR - Shawn Robertson KA - Krista Avant TS - Tina Speed HC - Hava Camp	Fitness Rooms: MB = Mind and Body FUS = Fusion RB=Racquetball 1A/B 1C Spin Room	Class Prices: \$20 = Boot Camp Drop In \$50 = 10 Pass Package (\$5 per Class) \$6 = Individual Ticket \$8 = Krav Maga \$450 = Total Body PP * \$205 = Boot Camp * = No Drop Ins	1 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1415 ADV Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	2 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	3 0900 FFT RD FUS
5 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	6 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1715 FFT RD FUS 1745 Mix Fit KA 1A	7 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	8 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1715 FFT RD FUS	9 Training Holiday 0900 HIIT CD FUS	10
12 Training Holiday	13 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	14 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	15 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	16 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	17 0900 FFT RD FUS
19 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	20 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	21 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	22 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	23 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	24
26 0630 Pregnancy PT (AD) 1A 0900 Bodyworks +ABS CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	27 0630 Pregnancy PT (AD) 0900 HIIT CD 1A 1615 Krav Maga SR 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	28 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	29 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	30 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	