

May 2021

SUN	MON	TUES	WED	THU	FRI	SAT
	Instructors: AR Alina Rodriguez EC Emily Coleman KC Ketsia Cordova JE Jennifer Espinoza	Instructors: JK Jodi Kowalczyk JL Judy LaPointe RD Rey Drummond RH Rich Hoke SG Steffi Gooding	For more info and to view online workouts, join Facebook: Wiesbaden Sports and Everything Fitness			1 0900 FFT RD 1015 Spin AR
2	3 1200 Zumba Gold AR M&B 1715 Spin AR 1800 Zumba KC 1c	4 1000 Yoga EC 1c 1200 Tabata JK 1c 1700 Gentle Yoga JL M&B 1715 FFT RD	5 1000 TRX JK M&B 1100 Core, Glutes & Foam rolling JK 1c 1200 Yoga EC 1c 1715 Spin RH 1800 Zumba Step KC 1c	6 1000 Yoga EC 1c 1200 Total Conditioning JK 1c 1715 Spin RD 1800 FFT SG 1800 Zumba Gold AR M&B	7 1200 Zumba Gold AR M&B	8 0900 FFT RD 1015 Spin AR
9	10 1200 Zumba Gold AR M&B 1715 Spin RH 1800 Zumba KC 1c	11 1000 Yoga EC 1c 1200 Tabata JK 1c 1700 Gentle Yoga JL M&B 1715 FFT RD	12 1000 TRX JK M&B 1100 Core, Glutes & Foam rolling JK 1c 1200 Yoga EC 1c 1715 Spin RH 1800 Zumba Step KC 1c 1800 FFT SG	13 1000 Yoga EC 1c 1200 Total Conditioning JK 1c 1715 Spin RD 1800 Zumba Gold AR M&B (German public holiday)	14 1200 Zumba Gold AR M&B	15 0900 FFT RD 1015 Spin AR
16	17 1200 Zumba Gold AR M&B 1715 Spin RH 1800 Zumba KC 1c	18 1000 Yoga EC 1c 1200 Tabata JK 1c 1700 Gentle Yoga JL M&B 1715 FFT RD	19 1000 TRX JK M&B 1100 Core, Glutes & Foam rolling JK 1c 1200 Yoga EC 1c 1715 Spin RH 1800 Zumba Step KC 1c 1800 FFT SG	20 1000 Yoga EC 1c 1200 Total Conditioning JK 1c 1715 Spin AR 1815 Zumba Gold AR M&B	21 1200 Zumba Gold AR M&B	22 1015 Spin AR
23	24 1200 Zumba Gold AR M&B 1715 Spin RH 1800 Zumba KC 1c	25 1000 Yoga EC 1c 1200 Tabata JK 1c 1700 Gentle Yoga JL M&B 1715 FFT RD	26 1000 TRX JK M&B 1100 Core, Glutes & Foam rolling JK 1c 1200 Yoga EC 1c 1715 Spin RH 1800 Zumba Step KC 1c	27 1000 Yoga EC 1c 1200 Total Conditioning JK 1c 1715 Spin RD 1800 FFT SG 1800 Zumba Gold AR M&B	28 0830 - 1700 Training Holiday 1200 Zumba Gold AR M&B	29 1015 Spin AR
30	31 0830 - 1700 Memorial Day		Sign up at front desk: First come, first served.			