



MICHEAL B. RILEY
FITNESS CENTER USAG WIESBADEN

GROUP FITNESS SCHEDULE

NOVEMBER '26

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	3 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Yoga CD 1A 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	4 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	5 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1415 ADV Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	6 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	7 0900 FFT RD FUS
9 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin 1800 Boot Camp HC FUS	10 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Yoga CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	11 HOLIDAY 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	12 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	13 Training Holiday 0900 HIIT CD FUS	14
16 Training Holiday 0900 Bodywork+Abs CD 1A 1145 Spin AO Spin	17 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Yoga CD 1A 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	18 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A	19 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	20 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	21 0900 FFT RD FUS
23 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1145 Spin AO Spin	24 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1015 Yoga CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	25 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A	26 THANKSGIVING	27 0630 Pregnancy PT (AD) 1A	28
30 0630 Pregnancy PT (AD) 1A 0900 Bodyworks +ABS CD 1A 1145 Spin AO Spin			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