



Wiesbaden Sports and Fitness

SEPTEMBER FITNESS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
	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		1 0900 Yoga Flows – HH 1000 Zumba – QB 1715 FFT 101 – RD 1800 FFT - SG	2 Training Holiday 0830 -1700	3
4	5 Labor Day Holiday 0830 -1700	6 0900 Yoga Flows – HH 1000 Zumba - QB 1145 PUMP – CH 1715 FFT-RD	7 1200 Yoga – EC 1800 Zumba	8 0900 Yoga Flows – HH 1000 Zumba - QB 1145 PUMP – CH 1700 Spin-RD 1800 FFT - SG	9 0900 Zumba - JM	10 0900 FFT – JL 1000 Flow and Restore Yoga – EC
11	12 0930 Endurance –BJ 1800 Zumba - KM	13 09:00 Yoga Flows – HH 11:45 PUMP – CH 1730 FFT- JL	14 0615 FFT –SG 1200 Yoga – EC 1800 Zumba - JM	15 0900 Yoga Flows – HH 1000 Zumba – QB 1145 PUMP – CH 1800 FFT – SG	16 0900 Zumba – JM 0930 Butts & Guts – BJ	17 0900 FFT – JL
18	19 0930 Endurance –BJ 1800 Zumba – KM	20 0900 Yoga Flows – HH 1000 Zumba – QB 1145 PUMP – CH 1630 Ab & Foam Roll SN 1715 FFT – RD *BIGGEST LOSER BEGINS	21 1200 Yoga – EC 1800 Zumba - JM	22 0900 Yoga Flows – HH 1000 Zumba - QB 1145 PUMP – CH 1630 TRX – SN 1700- Spin- RD 1800 FFT - SG	23 0900 Zumba – JM 0930 Butts & Guts – BJ	24 0900 FFT-RD
25	26 0930 Endurance –BJ 1000 Yoga EC 1800 Zumba - KM	27 0900 Yoga Flows – HH 1000 Zumba – QB 1145 PUMP – CH 1630 Ab & Foam Roll SN 1715-FFT – RD	28 0615 FFT – SG 1000 Yoga – EC 1200 Yoga – EC 1800 Zumba – JM	29 0900 Yoga Flows – HH 1000 Zumba – QB 1145 PUMP – CH 1630 TRX – SN 1700 Spin – RD	30 0900 Zumba – JM 0930 Butts & Guts – BJ	

Sign up for Small
Groups with Emily

Small Group Classes with
Emily
(ecoleman7@yahoo.com)
Yoga with Emily is open
until October 4th and
starts on October 3rd at
1000. Classes are on
Mondays and
Wednesdays.
Register
\$55 for 8 sessions

SPECIAL CLASSES:

September 10th – Flow
and Restore Yoga

September 20 - Biggest
Loser

Register at the Front Desk