



Wiesbaden Sports and Fitness

JUNE 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 LM Lauren Meekins MW Michelle Witkowski	Instructors: MD Maria Diaz RD Rey Drummond HH Heather Holdaway AO Aida Otieno CL Chieri Leonard KP Kate Paine RA Rebecca Abigania AF Augusta Fehn	Fitness Rooms: MB = Mind and Body FUS = Fusion 1C Spin	1 0600 Spin AF Spin 1145 HIIT FIT CM FUS 1700-1830 Spinathon **	2 0930 Core + FFT BJ FUS 0930 Zumba LM 1C	3 0900 FFT 101 RD FUS
4	5 0930 Endurance BJ FUS 1000 Yoga EC 1C 1145 CYCLE AO Spin 1715 Strong Nation CL MB 1800 Zumba KM 1C	6 0600 Spin AF Spin 0900 Flow Yoga HH 1C 1630 Yoga + Weights EC 1C	7 1000 Yoga + Weights EC 1C 1145 CYCLE AO Spin 1200 Yoga EC MB 1715 Peach Booty CL FUS 1800 Zumba KM 1C	8 0600 Spin AF Spin 1145 HIIT FIT CM FUS 0900 Hatha Yoga HH 1C	9 0930 Core + FFT BJ FUS	10 0900 FFT 101 RD FUS
11	12 1145 CYCLE AO Spin 1800 Zumba KM 1C	13 0600 Spin AF Spin 1000 Mom & me Yoga HH 1C 1715 FFT 101 RD FUS	14 1145 CYCLE AO Spin 1800 Zumba KM 1C	15 0900 Slow Flow Yoga HH 1C 1700 X Spin RD Spin 1800 FFT 101 RD FUS	16 Training Holiday 0830-1700	17
18	19 Juneteenth Holiday 0830-1700 0930 Pilates LM MB 1145 CYCLE AO Spin	20 1145 Pump CM 1C 1630 Yoga + Weights EC 1C 1715 FFT 101 RD FUS	21 1000 Yoga + Weights EC 1C 1145 CYCLE AO Spin 1145 Endurance BJ FUS 1200 Yoga EC MB 1800 Zumba KM 1C	22 0900 Slow Flow Yoga HH 1C 1145 HIIT FIT CM FUS 1700 X Spin RD Spin 1800 FFT 101 RD FUS	23 0930 Core + FFT BJ FUS 0930 Zumba LM 1C	24 1000-1200 Michael B. Riley WOD
25	26 0930 Endurance BJ FUS 0930 Pilates LM MB 1145 CYCLE AO Spin 1715 Strong Nation CL MB 1800 Zumba KM 1C	27 0600 Spin AF Spin 1000 Mom & me Yoga HH 1C 1145 Pump CM 1C 1630 Yoga + Weights EC 1C 1715 FFT 101 RD FUS	28 1000 Yoga + Weights EC 1C 1145 CYCLE AO Spin 1200 Yoga EC MB 1715 Peach Booty CL FUS 1800 Zumba KM 1C	29 0600 Spin AF Spin 0900 Slow Flow Yoga HH 1C 1145 HIIT FIT CM FUS 1700 X Spin RD Spin 1800 FFT 101 RD FUS	30 0930 Core + FFT BJ FUS	

Special Classes or Events:

June 1 – Join Aida and Rey for a Spinathon from 1700 to 1830. Each instructor will teach a 45-min block. Cost is \$10.

Mom & Me Yoga – Join Heather on Tuesday, June 13th and 27th. This will be themed yoga with movement and breathwork geared toward ages 4 and up. First child is free with your adult ticket. Each additional child will require an additional ticket. The parent must be present and responsible for their child(ren).

June 24th – Join the community for the Michael B. Riley Hero WOD from 10 to 12 pm. The WOD can be scaled but you must provide your own ruck. This event is free.