



Ederle & Del Din Fitness Center

GROUP EXERCISE

March 2020

	MON	TUE	WED	THURS	FRI	SAT
9 a.m.	Power Pump Emily (GF1) <i>(No class Mar. 23rd)</i>	Cycling Audra (GF2) Taekwondo Kim Sung Bok	(9:15 a.m.) Zumba Michelle (GF1)	Cycling Audra (GF2) Taekwondo Kim Sung Bok	Power Pump Emily (GF1) <i>(No class Mar. 20th)</i> Yoga Raluca (GF3)	(9:15 a.m.) Power Pump Emily (GF1) <i>(No class Mar. 21st)</i>
9:30 a.m.	Zumba Ingrid (GF3)	Pilates Laura (GF1)	Barre Laura (GF3)	CapoFunctional Aranha (GF1)		
10:30 a.m.	Strong By Zumba Dee (GF1) (11:00 a.m.) Yoga Raluca (GF3)	(10:45) Zumba Dee (GF1)	Gentle Flow Yoga Laurie (GF1) <i>(No class Mar. 4th)</i>	(10:45 a.m.) Zumba Dee (GF1)	Zumba Ingrid (GF1)	
11:45 a.m.		TRX HIIT Emily (Functional Fitness)	(11:30 a.m.) Power ½ Hour Isabella (Functional Fitness)	TRX HIIT Emily (Function Fitness)	(11:30 a.m.) Power ½ Hour Isabella (Functional Fitness)	
12 p.m.	Cycling Emily (GF2) <i>(No class Mar. 23rd)</i>	All Level Flow Yoga Laurie (GF1)	(11:30 a.m.) Pilates/Barre Fusion Laura (GF3) 45' HIIT Cycling Audra (GF2)	All Level Flow Yoga Laurie (GF1) <i>(No class Mar. 26th)</i>	Cycling Emily (GF2) <i>(No class Mar. 20th)</i>	
4 p.m.	Zumba Michelle (GF1)					
5:30 p.m.	Zumba Dee (GF1)	(5:15 p.m.) Power Pump Emily (GF1) <i>(No class Mar. 24th)</i>	Zumba Ingrid (GF1)	(5:15 p.m.) Power Pump Emily (GF1)		
6:00 p.m.	Fit Yoga Raluca (GF3)	Taekwondo Kim Sung Bok (Combative)	Fit Yoga Raluca (GF3)	Taekwondo Kim Sung Bok (Combative)	Fit Yoga Raluca (GF3)	

Fitness Center's class locations:

Group Fitness Room 1 (GF1) – Upstairs (take the metal staircase outside the Fitness Center)

Group Fitness Room 2 (GF2) – Upstairs above the main Cardio Room

Group Fitness 3 (GF3) – Door next to the vending machine

Fitness Center's class prices:

All other classes are \$5 per class or \$35 for 10 classes.



For more information, call 0444-71-4467. | www.italy.armyMWR.com