

March2025

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	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf) No class 4 March	0640 Yoga Stretching Mobility with Zamora GF1 No class 5 March 0700 Studio Pilates w/ Lizzie (Pilates Studio)	0640 Endurance & HIIT *FREE* w/Zamora (Side Turf) No class 6 March	0830 Reformer Pilates (Reformer room w/ Laura)	0800 Reformer Pilates (Reformer room w/Laura No classes 1 and 8 March
0900	0900 Reformer Pilates w/ Laura (Reformer Room)	Get your private locker for only \$15 per month. See front desk for more info	0900 Studio Pilates w/ Lizzie (Pilates Studio) 0915 SLAM (B-Ball / Track)	09150SLAM (B-Ball / Track)	0930 Reforma Pilates w/ Laura (Pilates Studio) SLAM @ 9:15 (B-Ball / Track)	0900 Reformer Pilates (Reformer room w/Laura\$ No classes 1 and 8 March TRX w/Barbara March 13 th and 27 th 1315
1000	1000-1100 Zumba w/ Charmaine GF1 Room 1000 Reformer Pilates w/ Laura (Reformer room) 1100 Reformer Pilates w/Laura (Reformer Room)	1100 Fit Yoga FREE w/Raluca 45 Min (GF1)\$	Zumba w/ Charmaine GF1 Room	1030 Reformer Pilates (Reformer room w/Laura No classes 6 and 13 March	1030 Reforma Pilates w/ Laura (Pilates Studio)	SPRING SHAPE UP MASSAGE
1200-1500	1200 Strongbell class w/ Isabella GF1 Room 1205 w/Alessandra Cardio Strength Basketball court 1200 Spin Class GF2 w/ Amy no class 31 March 1230 Reformer Pilates w/Laura (Reformer Room) 1430 Reformer Pilates w/Laura (Reformer Room)	<section-header></section-header>	1130 Strong Bell Isabella 30 Min (GF1) 1200 Spin Class GF2 w/ Amy Cardio Strength 12:05 w/Alessandra (GF1)	TRX w/Barbara March 13 th and 27 th 1315	1200 Studio Pilates w/ Laura (Pilates Studio) 1200 Strong Bell w/Isabella 30 Min (GF1) Cardio Strength 12:05 w/Alessandra (B-Ball Court)	Eter a world of rejucention and hears Hear and the result is bacacon with our Sprat Spochage Eraby three So mail smoother back and the Norabic Sprat Spochage Eraby three So mail smoother for Anther Sprat Spochage Eraby three So mail smoother for Anther Sprat Spochage Eraby three So mail smoother for Anther Sprat Spochage Eraby three Spochage
1600-1800	 1630 Springboard Pilates (Pilates Studio w/ Lizzie) 1730 Springboard Pilates (Pilates Studio w/ Lizzie) No Classes 3 March 	1630 Reformer Pilates (Reformer room) 1730 Reformer Pilates w/Laura (Reformer room) no classes 4 March	 1630 Studio Pilates w/ Lizzie (Pilates Studio) 1730 Studio Pilates w/ Lizzie (Pilates Studio) No evening classes 12 March 1700 Align and Flow Yoga w/Regan (GF1) 	Personal Training Services Barbara Todescato Phone: 331-959-0537 Email: <u>baby.tds@gmail.com</u>		Get your private locker for only \$15 per month. See front desk for more info
1800-2000	Zumba *FREE* w/Sara (GF1) 1730 Springboard Pilates (Springboard Room) Karate 1800-1900 w/ Matthew Combatives Room	1730 Zumba w/Michelle (GF1) 1730 Reformer Pilates (Reformer room)	1700 Align and Flow Yoga w/Regan (GF1)	1730 Zumba w/Michelle (GF1) No Class March 22	Karate 1800-1900 w/Matthew (Combatives Room) No class 14 March	Healing touch Care and wellness The provide of the
	0900 1000 1200-1500 1600-1800	0700-08000700 Studio Pilates w/ Lizzie09000900 Reformer Pilates w/ Laura (Reformer Room)1000-1100 Zumba w/ Charmaine GF1 Room1000-1100 Zumba w/ Charmaine GF1 Room10001000 Reformer Pilates w/ Laura (Reformer room)1000 Reformer Pilates w/ Laura (Reformer Room)w/ Laura w/ Laura (Reformer Room)1000 Reformer Pilates w/ Laura (Reformer Room)w/ Laura (Reformer Room)1200 Strongbell class w/ Laura (Reformer Room)w/ Laura (Reformer Room)1200 Strongbell class w/ Laura (Reformer Room)1200 Strongbell class w/ Laura (Reformer Room)1200-15001205 su/Alessandra Cardio Strength Basketball court1200-15001203 Spingboard Pilates (Pilates Studio w/ Lizzie) No Classes 3 March No Classes 3 March1600-1800Insol Springboard Pilates (Pilates Studio w/ Lizzie) No Classes 3 March1800-2000Insole TROM (Springboard Pilates (Springboard Pilates (Springboard Pilates) No Classes 3 March	0700-08000700 Studio Pilates w/Lizzie0640 Strength Training FREE w/Zamoa (Moet Side Turf) No class 4 March09000900 Roformer Pilates w/Larra (Reformer Room)Get your private locker for only \$15 per month. See front desk for more info10001000-1100 Zumba w/ Charmane (Reformer Room)1100 Fit Yogs FREE w/Larra (Reformer Room)10001000-1100 Zumba w/ Charmane (Reformer Room)1100 Fit Yogs FREE w/Larra (Reformer Room)10001000 Roformer Pilates w/Larra (Reformer Room)1100 Fit Yogs FREE w/Ratura 45 Min (GF1)S1200 Strongbel class w/Larra (Reformer Room)1100 Fit Yogs FREE w/Ratura 45 Min (GF1)S1200 Strongbel class w/Larra (Reformer Room)1100 Fit Yogs FREE w/Ratura 45 Min (GF1)S1200-15001120 Strongbel class w/Larra (Reformer Room)Inte EDRIL FITNES CENER W/Ratura (Reformer Room)1200 Spin Class G F2 w/Larra (Reformer Room)1130 Reformer Pilates w/Larra (Reformer Room)Inte EDRIL FITNES CENER W/Ratura (Reformer Room)1600-180011530 Springboard Pilates w/Larra (Reformer Room)1133 Reformer Pilates w/Larra (Reformer Room)1600-180011730 Springboard Pilates w/Larra (Reformer Room)1133 Reformer Pilates w/Larra (Reformer Room)1800-2000Zumba *FREE' (Springboard Pilates UN Classes 3 March)1130 Reformer Pilates w/Larra (Reformer Room)1800-2000Zumba *FREE' (Springboard Pilates UN Classes 3 March)1130 Reformer Pilates (Reformer Room)1800-20001730 Springboard Pilates (Springboard Room)	0700-0800D200 Studio Plates wit Loze0640 Strong In Training FREE Without State Luit)0600 Vige Structing Meality with State States)08000900 Reformer Plates wit Loze664 your private locker for only \$15 per month. See front desk for more info0900 Studio Plates wit Loze (Plates Studio)10001000-1100 Zuntes of Chemano (Reformer Plates wit Loze1100 Fit Voge FREE wit Loze (Reformer Plates wit Loze2000 Studio Plates wit Loze (Plates Studio)10001000-1100 Zuntes of Chemano (Reformer Plates wit Loze1100 Fit Voge FREE without StateZumba wit Chemano (Plates Studio)10001000-1100 Zuntes of Chemano (Reformer Plates without (Reformer Plates (Reformer Plates (Reformer Plates (Reformer Plates (Reformer Plates (Reformer Plates (Reformer Plates (Reformer Plates (Reformer Plates) (Reformer Plates (Reformer Plates) (Reformer Plates (Reformer Plates) (Reformer Plates (Reformer Plates) (Reformer Plates) <br< th=""><th>9700-9800 9700 Budde Pitters Willings 9400 Strong IV. Taking Willings 0500 Yoge Strong Pitters Willings 9600 Reformer Fitters Willings 9600 Reformer Fitters Willings 96000 Reformer Fitters Willings 9600 Reformer Fitters Wi</br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></th><th>0700-0000700 Indue Plana644 Strugger Training Willing Register (Milling Strugger)0496 Strugger Register Willing Register (Milling Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register Willing Register (Milling Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register Willing Register (Milling Register)0496 Strugger Register Willing Register Willing Register Willing Register Willing Register (Milling Register)0496 Strugger Register Willing Register</th></br<>	9700-9800 9700 Budde Pitters Willings 9400 Strong IV. Taking Willings 0500 Yoge Strong Pitters Willings 9600 Reformer Fitters Willings 9600 Reformer Fitters 	0700-0000700 Indue Plana644 Strugger Training Willing Register (Milling Strugger)0496 Strugger Register Willing Register (Milling Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register Willing Register (Milling Register)0496 Strugger Register Willing Register)0496 Strugger Register Willing Register Willing Register (Milling Register)0496 Strugger Register Willing Register Willing Register Willing Register Willing Register (Milling Register)0496 Strugger Register Willing Register

Fitness Center's class locations: Group Fitness Room 1 (GF1, Reformer Room, Pilates Studio) – Upstairs, back side Group Fitness Room 2 (GF2) – Upstairs (above the main Cardio Room) Fitness Center's class prices: TRX classes are \$10 per class Karate classes are \$12 per class. All other classes are \$6 per class or \$45 for 10 classes.



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