



Ederle Fitness Center

GROUP EXERCISE

SCHEDULE

November 2024						
	MON	TUE	WED	THURS	FRI	SAT
0700		0640 Strength Training Zamora *FREE* (Meet Side Turf) No Class 19, 20,21,27, 28th	0640 Yoga & Mobility Zamora *FREE* (GF1) No Class 19, 20,21,27, 28th	Endurance & HIIT W/ Zamora *FREE* (Side Turf) No Class 19, 20,21,27, 28th	Reformer Pilates (Reformer room) No Classes on 29th 0800 Reformer Pilates (Reformer room)	
0900	Reformer Pilates (Reformer room) No Class 11th 0930 SLAM (Del Din) Mat Pilates Lizzie (GF1) No Classes 11th	0915 SLAM (B-Ball / Track)	Reformer Pilates (Reformer room) No Class 27th 0915 SLAM (B-Ball / Track)	09150SLAM (B-Ball / Track)	Mat Pilates Ashley (GF1) No Classes 29th Reformer Pilates (Reformer room) SLAM @ 9:15 (B-Ball / Track)	
1000	Springboard Pilates (Pilates Studio) Zumba Charmaine (GF1) No Class Nov 11th	1030 Reformer Pilates (Reformer room) 1100 Fit Yoga (GF1) 45 Minutes FREE	Springboard Pilates (Pilates Studio) No Class 27th Zumba Charmaine (GF1)			
1200	Strong Bell Isabella 30 Min (GF1) No Class Nov 11th Cardio Strength 12:05 Alessandra (B-Ball Court) No Class Nov 11th 1210 Reformer Pilates (Reformer Room)	Barre Laura (GF1) 1230 Reformer Pilates (Reformer room) 1400 Reformer Pilates (Reformer room)	1130 Strong Bell Isabella 30 Min (GF1) Cardio Strength 12:05 Alessandra (GF1) 1210 Reformer Pilates (Reformer room) No Class 27th	1100 Springboard Pilates (Pilates Studio) No Class 28th Align and Flow Yoga W/ Regan (GF1) No Class 7th, 21st, 28th 	1100 Springboard Pilates (Pilates Studio) No Classes Nov 29th Reformer Pilates (Reformer room) Strong Bell Isabella 30 Min (GF1) No Class Nov 29th Cardio Strength 12:05 Alessandra (B-Ball Court) No Class Nov 1st & 29th	
1600	Springboard Pilates (Pilates Studio)	1630 Springboard Pilates (Pilates Studio)	1630 Springboard Pilates (Pilates Studio) No Class 27th	1330 Reformer Pilates (Reformer room) No Classes 28th 1430 Reformer Pilates (Reformer room) 1630 Reformer Pilates (Reformer room)	1630 Reformer Cardio Pilates (Reformer room) No Class Nov 29th	
1700	Zumba *FREE* Sara K. (GF1) 1730 Springboard Pilates (Springboard Room)	1730 Zumba Michelle 1730 Reformer Pilates (Reformer room)	Align and Flow Yoga W/ Regan (GF1) No Class 20, 27th 1730 Springboard Pilates (Pilates Studio) No Class 27th	1730 Reformer Pilates (Reformer room) No Class 28th 1730 Zumba Michelle (GF1) No Class 28th	1730 Reformer Cardio Pilates (Reformer room) No Class 29th	
1800		Karate Matthew (Combative Room) No Class 19th			Karate Matthew (Combative Room) No Class 1st & 22nd	

Fitness Center's class locations: Group Fitness Room 1 (GF1, Reformer Room, Pilates Studio) – Upstairs, back side
Group Fitness Room 2 Spin Room (GF2) Upstairs (above the main Cardio Room)

Fitness Center's class prices:
Karate classes are \$12 per class.
Reformer Classes are \$20
Springboard Classes are \$20 or \$90 for 6 classes
All other classes are \$6 per class or \$45 for 10 classes.

Register for Reformer and Springboard Classes on Whatsapp;
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For more information, call 0444-71-4467. italy.armyMWR.com