

MARCH 2022

RAMSTEIN & VOGELWEH

FITNESS CENTER CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

0700 Tabata **1**
0900 Strong Nation \$
1000 Yoga
1115 Zumba Gold \$
1230 Spin
1600 Conditioning
1700 Spin
1800 Zumba Toning \$

0610 Spin **2**
0700 HIIT
0800 Yoga
0900 Pilates
1000 Spin
1115 Barbell \$
1230 Zumba \$
1730 High Fit
1830 Zumba \$

0610 Conditioning \$ **3**
0700 Turn & Burn
0800 Tabata
1000 Yoga
1115 Zumba \$
1230 Spin
1700 Spin
1800 Zumba \$

0610 Spin **4**
0700 Conditioning
0900 Yoga
1000 Spin
1115 Cardio Kickboxing \$

0930 Zumba \$ **5**

0610 Spin **7**
0700 HIIT
0900 Bootcamp \$
1000 Turn & Burn \$
1115 Cardio Kickboxing \$
1230 Barbell \$
1600 Tabata

0700 Tabata **8**
0900 Strong Nation \$
1000 Yoga
1115 Zumba Gold \$
1230 Spin
1600 Conditioning
1700 Spin
1800 Zumba Toning \$

0610 Spin **9**
0700 HIIT
0800 Yoga
0900 Pilates
1000 Spin
1115 Barbell \$
1230 Zumba \$
1730 High Fit
1830 Zumba \$

0610 Conditioning \$ **10**
0700 Turn & Burn
0800 Tabata
1000 Yoga
1115 Zumba \$
1230 Spin
1700 Spin
1800 Zumba \$

0610 Spin **11**
0700 Conditioning
0900 Yoga
1000 Spin
1115 Cardio Kickboxing \$

0930 Zumba \$ **12**

0610 Spin **14**
0700 HIIT
0900 Bootcamp \$
1000 Turn & Burn \$
1115 Cardio Kickboxing \$
1230 Barbell \$
1600 Tabata

0700 Tabata **15**
0900 Strong Nation \$
1000 Yoga
1115 Zumba Gold \$
1230 Spin
1600 Conditioning
1700 Spin
1800 Zumba Toning \$

0610 Spin **16**
0700 HIIT
0800 Yoga
0900 Pilates
1000 Spin
1115 Barbell \$
1230 Zumba \$
1730 High Fit
1830 Zumba \$

0610 Conditioning \$ **17**
0700 Turn & Burn
0800 Tabata
1000 Yoga
1115 Zumba \$
1230 Spin
1700 Spin
1800 Zumba \$

0610 Spin **18**
0700 Conditioning
0900 Yoga
1000 Spin
1115 Cardio Kickboxing \$

0930 Zumba \$ **19**

0610 Spin **21**
0700 HIIT
0900 Bootcamp \$
1000 Turn & Burn \$
1115 Cardio Kickboxing \$
1230 Barbell \$
1600 Tabata

0700 Tabata **22**
0900 Strong Nation \$
1000 Yoga
1115 Zumba Gold \$
1230 Spin
1600 Conditioning
1700 Spin
1800 Zumba Toning \$

0610 Spin **23**
0700 HIIT
0800 Yoga
0900 Pilates
1000 Spin
1115 Barbell \$
1230 Zumba \$
1730 High Fit
1830 Zumba \$

0610 Conditioning \$ **24**
0700 Turn & Burn
0800 Tabata
1000 Yoga
1115 Zumba \$
1230 Spin
1700 Spin
1800 Zumba \$

0610 Spin **25**
0700 Conditioning
0900 Yoga
1000 Spin
1115 Cardio Kickboxing \$

0930 Zumba \$ **26**

28

**Spring
Break**

No Classes

29

**Spring
Break**

No Classes

30

**Spring
Break**

No Classes

31

1

2

IMPORTANT INFO

Call SSFC to sign-up for any class on the calendar.

Military members have priority, DOD civilians and host nation first responders can sign-up starting 24 hours before the class. All classes held indoors, 20 max participants.

Alpha Warrior Every Tuesday and Thursday 1100 at Northside
The WOD: Every Tuesday and Thursday 1300 at Northside

Southside Fitness Center (SSFC)

DSN 480-0294, CIV 06371-47-0294

Mon-Fri: 0600-2200

Saturday: 0800-1800

Sunday/Holiday: 24 hour access

Northside Fitness Center (NSFC)

DSN 480-8085, CIV 06371-47-8085

Mon-Fri: 0800-1700

Saturday/Sunday: 24 hour access

