

## ISD Community Fitness Schedule

<b>Monday</b>	<b>SCC 1</b>	<b>SCC 2</b>	<b>SCC Multi-purpose</b>	<b>Fitness</b>	<b>ISD Fields</b>
19.00-20.30			Adult Ballet - Tracey Woodrow (18:30-20:00) <a href="mailto:tracey.woodrow1@googlemail.com">tracey.woodrow1@googlemail.com</a>		
20.30-22.00			Muay Thai 20:00 - 21:30 <a href="mailto:cassius.salchow@freenet.de">cassius.salchow@freenet.de</a>		
<b>Tuesday</b>	<b>SCC 1</b>	<b>SCC 2</b>	<b>SCC Multi-purpose</b>	<b>Fitness</b>	<b>ISD Fields</b>
9.30-10.30					JM Fitness Training (Boot camp) <a href="mailto:jacquelinemitchell@gmail.com">jacquelinemitchell@gmail.com</a>
17.30-19.00			Zumba (18:00-19:00) <a href="mailto:ramon@latin-dance-studio.de">ramon@latin-dance-studio.de</a>		
19.00-20.30			Vinyasa Flow Yoga <a href="mailto:olgagallis@gmail.com">olgagallis@gmail.com</a>		
20.30-22.00	Adult - Soccer <a href="mailto:brownr@isdedu.de">brownr@isdedu.de</a>	Adult - Soccer <a href="mailto:brownr@isdedu.de">brownr@isdedu.de</a>			
<b>Wednesday</b>	<b>SCC 1</b>	<b>SCC 2</b>	<b>SCC Multi-purpose</b>	<b>Fitness</b>	<b>ISD Fields</b>
<b>Thursday</b>	<b>SCC 1</b>	<b>SCC 2</b>	<b>SCC Multi-purpose</b>	<b>Fitness</b>	<b>ISD Fields</b>
7:00 - 8:15				Functional Fitness <a href="mailto:roland@jost-home.de">roland@jost-home.de</a>	
19.30-21.00			Community Yoga-Liina 19.00 starting March 23 <a href="mailto:liina.puustinen@live.com">liina.puustinen@live.com</a>		Adult Soccer <a href="mailto:frankvanderwart@gmail.com">frankvanderwart@gmail.com</a>
20.30-22.00	Staff-Volleyball <a href="mailto:sheltonm@isd.edu.de">sheltonm@isd.edu.de</a>	Staff-Volleyball <a href="mailto:sheltonm@isd.edu.de">sheltonm@isd.edu.de</a>			
<b>Friday</b>	<b>SCC 1</b>	<b>SCC 2</b>	<b>SCC Multi-purpose</b>	<b>Fitness</b>	<b>ISD Fields</b>
09.30-10.30					JM Fitness Training ( <a href="mailto:jacquelinemitchell@gmail.com">jacquelinemitchell@gmail.com</a>
16.00-17.30				Functional Fitness	

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