

APRIL 2024 CALENDAR FITNESS PROGRAM

TOWER BARRACKS

DON'T WAIT
 IN LINE...

**REGISTER
 ONLINE!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba 9 a.m 1 Yoga Happy Hour 5 p.m	Zumba 9 a.m 2 All Level Yoga 10:00 a.m Functional Fitness @Field House 6:00 p.m	Functional 3 Fitness @Field House Power Yoga 5 p.m Flow Yoga 6:30 p.m	Zumba 9 a.m 4 All Level Yoga 10 a.m Functional Fitness @FieldHouse 6:00 p.m	5 STRONG 11 a.m	6 Zumba 9:15 a.m Yoga du Jour 10:30 a.m
7	Zumba 9 a.m 8 Yoga Happy Hour 5 p.m	Zumba 9 a.m 9 All Level Yoga 10:00 a.m Functional Fitness @Field House 6:00 p.m.	10 Mixed Fit 10 a.m Functional Fitness @Field House 6:00 p.m Flow Yoga 6:30 p.m	Zumba 9 a.m 11 All Level Yoga 10 a.m Functional Fitness@Field House 6:00 p.m	12 TRAINING HOLIDAY	13 Yoga du Jour 10:30 a.m
14	15 TRAINING HOLIDAY Zumba 9:15 a.m	Zumba 9 a.m 16 All Level Yoga 10:00 a.m Functional Fitness @Field House 6:00 p.m.	17 Mixed Fit 10 a.m Functional Fitness @Field House 6:00 p.m Power Yoga 5 p.m Flow Yoga 6:30 p.m	Zumba 9 a.m 18 All Level Yoga 10 a.m Functional Fitness @Field House 6:00 p.m	Spin 9 a.m 19 STRONG 11 a.m	20 Zumba 9:15 a.m Yoga du Jour 10:30 a.m
21	Zumba 9 a.m 22 Yoga Happy Hour 5 p.m	Zumba 9 a.m 23 All Level Yoga 10:00 a.m Functional Fitness @Field House 6:00 p.m.	24 Mixed Fit 10 a.m Functional Fitness @FieldHouse 6:00 p.m Flow Yoga 6:30 p.m	Zumba 9 a.m 25 All Level Yoga 10 a.m Functional Fitness@Field House 6:00 p.m	Spin 9 a.m 26 STRONG 11 a.m	27 Yoga du Jour 10:30 a.m
28	Zumba 9 a.m 29 Yoga Happy Hour 5 p.m	Zumba 9 a.m 30 All Level Yoga 10:00 a.m Functional Fitness @Field House 6:00 p.m.	31 Functional Fitness @Field House 6:00 p.m			

MORE INFORMATION AT GRAFENWOEHR.ARMYMWR.COM