

JULY 2025

ROSE BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 INDEPENDENCE DAY	5
6	7 TRAINING HOLIDAY	8	9	10	11	12
13	14	15 6:00pm - Zumba (Mari)	16	17	18	19
20	21 5:30pm - MixxedFit (Somon)	22 6:00pm - Zumba (Mari)	23	24	25	26
27	28 5:30pm - MixxedFit (Somon)	29 6:00pm - Zumba (Mari)	30	31		



SCAN FOR MORE INFORMATION & TICKETS VISIT:
[GRAFENWOEHR.ARMYMWR.COM/FITNESS](https://Grafenwoehr.ArmyMWR.com/Fitness)