

DECEMBER 2023 CALENDAR

FITNESS PROGRAM

ROSE BARRACKS

DON'T WAIT
IN LINE...

**REGISTER
ONLINE!**

SCAN ME



& GET YOUR
TICKETS TODAY



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------|--|--|----------|------------------------|---|
| | | | | | 1 | 2 ZUMBA 9:30 - 10:30 A.M. @MEMORIAL FITNESS CENTER |
| 3 | 4 | 5 ZUMBA 6:30 - 7:30P @MEMORIAL FITNESS CENTER | 6 SPIN 12:15 - 12:45 P.M. @ MEMORIAL FITNESS CENTER | 7 | 8 | 9 ZUMBA 9:30 - 10:30 A.M. @MEMORIAL FITNESS CENTER |
| 10 | 11 | 12 ZUMBA 6:30 P.M.-7:30 P.M. @ MEMORIAL FITNESS CENTER | 13 SPIN 12:15 - 12:45 P.M. @ MEMORIAL FITNESS CENTER | 14 | 15 | 16 ZUMBA 0930 -10:30 A.M. @ MEMORIAL FITNESS CENTER |
| 17 | 18 | 19 ZUMBA 6:30 P.M. - 7:30 P.M. @ MEMORIAL FITNESS CENTER | 20 SPIN 12:15 - 12:45 P.M. @ MEMORIAL FITNESS CENTER | 21 | 22 Training Holiday | 23 ZUMBA 0930 -10:30 A.M. @ MEMORIAL FITNESS CENTER |
| 24 | 25 Merry Christmas | 26 | 27 SPIN 12:15 - 12:45 P.M. @ MEMORIAL FITNESS CENTER | 28 | 29 Training Holiday | 30 |
| 31 | | | | | | |

MORE INFORMATION AT **GRAFENWOEHR.ARMYMWR.COM**