

TOWER BARRACKS

FITNESS CLASSES

(FH) = Field House

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga 4pm & 5pm - Amanda Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	MixedFit 5pm - somon	Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	Yoga 6:30pm - Amanda	Class Postponed	Glute Boot Camp 9am - Alodi
7	Yoga 4pm & 5pm - Amanda Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	MixedFit 5pm - somon Indoor Cycling 6pm - Jamie	Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	Yoga 6:30pm - Amanda	Functional Fitness (FH) 6pm	Functional Fitness (FH) 10am Glute Boot Camp 9am - Alodi
14	Yoga 4pm & 5pm - Amanda Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	MixedFit 5pm - somon Indoor Cycling 6pm - Jamie	Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	Yoga 6:30pm - Amanda	Federal Holiday	Functional Fitness (FH) 10am Glute Boot Camp 9am - Alodi
21	Training Holiday	MixedFit 5pm - somon Indoor Cycling 6pm - Jamie	Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	Yoga 6:30pm - Amanda	Functional Fitness (FH) 6pm	Functional Fitness (FH) 10am Glute Boot Camp 9am - Alodi
28	Yoga 4pm & 5pm - Amanda Functional Fitness (FH) 6pm Zumba 6:30pm - Jenny	MixedFit 5pm - somon Indoor Cycling 6pm - Jamie				



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