

(FH) = Field House

August 2025

U.S. ARMY
MWR
USAG BAVARIA

TOWER BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 TRAINING HOLIDAY	2
3	4 TRAINING HOLIDAY	5 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	6 6:00pm - Functional Fitness (FH)	7 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	8	9 9:30am - STRONG by Zumba (Anna) 10:00am - Functional Fitness (FH)
10 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	11 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	12 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	13 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	14 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	15	16 9:30am - Zumba (Anna) 10:00am - Functional Fitness (FH)
17 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	18 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	19 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	20 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	21 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	22	23 9:30am - STRONG by Zumba (Anna) 10:00am - Functional Fitness (FH)
24 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	25 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	26 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	27 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	28 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	29 TRAINING HOLIDAY	30



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