

TOWER BARRACKS

FITNESS CLASSES

(FH) = Field House

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00pm - Yoga 1 (Amanda) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	10:00am -Yoga 2 (Amanda) 5:00pm MixxedFit (Somon) 6:00pm - Indoor Cycling (Meghan)	6:00pm - Functional Fitness (FH) 3 6:15pm - Zumba (Jenny)	5:15pm - Zumba 4 (Mari) 6:30 pm-Yoga (Amanda)	6:00pm - Functional Fitness (FH) 5	10:00am - Functional Fitness (FH) 6
9:00 - Glute Boot Camp (Alodi) 7 10:00am - Zumba (Mari)	5:00pm - Yoga 8 (Amanda) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	10:00am -Yoga 9 (Amanda) 5:00pm MixxedFit (Somon) 6:00pm - Indoor Cycling (Meghan)	6:00pm - Functional Fitness (FH) 10 6:15pm - Zumba (Jenny)	5:15pm - Zumba 11 (Mari) 6:30 pm-Yoga (Amanda)	6:00pm - Functional Fitness (FH) 12	10:00am - Functional Fitness (FH) 13
9:00 - Glute Boot Camp (Alodi) 14 10:00am - Zumba (Mari)	5:00pm-Yoga 15 (Amanda) 6:00pm - Functional Fitness (FH)	10:00am -Yoga 16 (Amanda) 6:00pm - Indoor Cycling (Meghan)	24/7 ACCESS NO CLASS 17	5:15pm - Zumba 18 (Mari) 6:30 pm-Yoga (Amanda)	6:00pm - Functional Fitness (FH) 19	10:00am - Functional Fitness (FH) 20 USAG Bavaria 5K Jingle Bell Run
9:00 - Glute Boot Camp (Alodi) 21 10:00am - Zumba (Mari)	6:00pm - Functional Fitness (FH) 22	6:00pm - Indoor Cycling (Meghan)	NO CLASS 24	Federal Holiday 25	Training Holiday 26	10:00am - Functional Fitness (FH) 27
9:00 - Glute Boot Camp (Alodi) 28	6:00pm - Functional Fitness (FH) 29	6:00pm - Indoor Cycling (Meghan) 30	NO CLASS 31			



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