

FEBRUARY 2023 CALENDAR

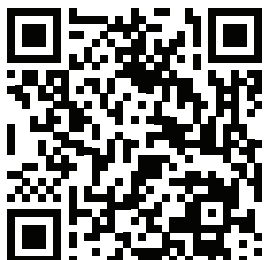
FITNESS PROGRAM

ROSE BARRACKS

DON'T WAIT
IN LINE...

**REGISTER
ONLINE!**

SCAN ME



& GET YOUR
TICKETS TODAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		ZUMBA 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	SPIN 1 12:15 - 12:45 P.M. THE BOX @ MEMORIAL FITNESS CENTER 5:30 - 6:30 P.M.	ZUMBA 2 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	3	4
5	6	ZUMBA 7 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	SPIN 8 12:15 - 12:45 P.M. THE BOX @ MEMORIAL FITNESS CENTER 5:30 - 6:30 P.M.	ZUMBA 9 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	10	11
12	13	ZUMBA 14 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	SPIN 15 12:15 - 12:45 P.M. THE BOX @ MEMORIAL FITNESS CENTER 5:30 - 6:30 P.M.	ZUMBA 16 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	17 TRAINING HOLIDAY	18
19	20 CLOSED FEDERAL HOLIDAY	ZUMBA 21 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	SPIN 22 12:15 - 12:45 P.M. THE BOX @ MEMORIAL FITNESS CENTER 5:30 - 6:30 P.M.	ZUMBA 23 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	24	25
26	27	ZUMBA 28 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER				

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