

FEBRUARY 2023 CALENDAR FITNESS PROGRAM

TOWER BARRACKS

DON'T WAIT
IN LINE...

**REGISTER
ONLINE!**

SCAN ME



& GET YOUR
TICKETS TODAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Zumba 9:30 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Flow Yoga 6:30 p.m	2 Functional Fitness @Field House 9 a.m / 5:00 p.m Zumba 6:00 p.m	3 BIKE FIT 9 A.M Functional Fitness @Field House 9 a.m Yoga 10 a.m	4 Yoga du Jour 10:30 a.m
	5 Functional Fitness @Field House 9 a.m / 5:30 p.m Zumba 8 p.m Pound 9 a.m	6 Bike Fit 9 a.m Flow Yoga 10 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Pound 11 a.m Zumba 6:30 p.m	8 Zumba 9:30 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Flow Yoga 6:30 p.m	9 Functional Fitness @Field House 9 a.m / 5:00 p.m	10 Functional Fitness @Field House 9 a.m Yoga 10 a.m	11 Zumba 9:15 a.m Yoga du Jour 10:30 a.m
	12 Functional Fitness @Field House 5:30 p.m Zumba 8 p.m Pound 9 a.m	13 Bike Fit 9 a.m Flow Yoga 10 a.m Functional Fitness @Field House 9 a.m Pound 11 a.m Zumba 6:30 p.m	15 Zumba 9:30 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Flow Yoga 6:30 p.m	16 Functional Fitness @Field House 9 a.m / 5:00 p.m Zumba 6:00 p.m	17 Yoga 10 A.M TRAINING HOLIDAY	18
	19 FEDERAL HOLIDAY	20 Bike Fit 9 a.m Flow Yoga 10 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Pound 11 a.m Zumba 6:30 p.m	22 Zumba 9:30 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Flow Yoga 6:30 p.m	23 Functional Fitness @Field House 9 a.m / 5:00 p.m	24 BIKE FIT 9 A.M Functional Fitness @Field House 9 a.m Yoga 10 a.m	25 Yoga du Jour 10:30 a.m
	26 Functional Fitness @Field House 9 a.m / 5:30 p.m Zumba 8 p.m Pound 9 a.m	27 Flow Yoga 10 a.m Functional Fitness @Field House 9 a.m / 5:00 p.m Pound 11 a.m Zumba 6:30 p.m	28			

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