

ROSE BARRACKS FITNESS CLASSES

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Federal Holiday	4
5	6 Training Holiday	7 6:00PM Functional Fitness Alejandra	8	9	10	11
12	13 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling - Jamie	14 6:00PM Functional Fitness Alejandra	15	16	17	18
19	20 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling - Jamie	21 6:00PM Functional Fitness Alejandra	22	23	24	25
26	27 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling -Jamie	28 6:00PM Functional Fitness Alejandra	29	30	31	



SCAN FOR MORE INFORMATION & TICKETS VISIT:
GRAFENWOEHR.ARMYMWR.COM/FITNESS