

FH=Field House

TOWER BARRACKS FITNESS CLASSES

U.S. ARMY
MWR
USAG BAVARIA

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00am Functional Fitness (FH)
2	3 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	4 6:00pm Indoor Cycling (Jamie)	5 5:15pm Yoga (Amanda) 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	6 6:30 pm-Yoga (Amanda)	7 Training Holiday	8 10:00am Functional Fitness (FH)
9	10 Training Holiday	11 6:00pm Indoor Cycling (Jamie)	12 5:15pm Yoga (Amanda) 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	13 6:30 pm-Yoga (Amanda)	14 6:00pm Functional Fitness (FH)	15 10:00am Functional Fitness (FH)
16	17 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	18 6:00pm Indoor Cycling (Jamie)	19 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	20	21 6:00pm Functional Fitness (FH)	22 10:00am Functional Fitness (FH)
23/30	24/31 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	25 6:00pm Indoor Cycling (Jamie)	26 5:15pm Yoga (Amanda) 6:00PM Functional Fitness (FH) 6:30pm Zumba (Jenny)	27 6:30 pm-Yoga (Amanda)	28 6:00pm Functional Fitness (FH)	29 10:00am Functional Fitness (FH)



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