

August 2025

ROSE BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 TRAINING HOLIDAY	2
3	4 TRAINING HOLIDAY	5 6:00pm - Zumba (Mari)	6	7	8	9
10	11 5:30pm MixxedFit (Somon)	12 6:00pm - Zumba (Mari)	13	14	15	16
17	18 5:30pm MixxedFit (Somon)	19 6:00pm - Zumba (Mari)	20	21	22	23
24	25 5:30pm MixxedFit (Somon)	26 6:00pm - Zumba (Mari)	27	28	29 TRAINING HOLIDAY	30



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