

JUNE 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
				Functional Fitness 1 @Field House 9 a.m & 5:30 p.m Zumba 6:15 p.m	BIKE FIT 9 A.M 2	3 Yoga du Jour 10:30 a.m
4	Pound 9 a.m	5 Bike Fit 9 a.m Flow Functional Fitness @Field House 9 a.m & 5:30 p.m Zumba 7:00 p.m	6 Zumba 9:30 a.m Functional Fitness @Field House 9 a.m & 5:30 p.m Flow Yoga 6:30 p.m	7 BIKE FIT 9 A.M 8 Functional Fitness @Field House 9 a.m & 5:30 p.m	9 BIKE FIT 9 A.M	10 Zumba 11:00 A..M Yoga du Jour 10:30 a.m
11	Pound 9 a.m	12 Functional Fitness @Field House 9 a.m & 5:30 p.m Zumba 7:00 p.m	13 Zumba 9:30 a.m Functional Fitness @Field House 9 a.m & 5:30 p.m Flow Yoga 6:30 p.m	14 Functional Fitness15 @Field House 9 a.m & 5:30 p.m Zumba 6:15 p.m	16 TRAINING HOLIDAY	17 Yoga du Jour 10:30 a.m
18	FEDERAL HOLIDAY	19 Functional Fitness @Field House 9 a.m & 5:30 p.m Zumba 7:00 p.m	20 Functional Fitness @Field House 9 a.m & 5:30 p.m Flow Yoga 6:30 p.m	21 Functional Fitness @Field House 9 a.m & 5:30 p.m Flow Yoga 6:30 p.m	22 Functional Fitness @Field House 9 a.m & 5:30 p.m	23 Yoga du Jour 10:30 a.m
25	Pound 9 a.m	26 FunctionalFitness @Field House 9 a.m & 5:30 p.m Zumba 7:00 p.m	27 Functional Fitness @Field House 9 a.m & 5:30 p.m Flow Yoga 6:30 p.m	28 Functional Fitness @Field House 9 a.m & 5:30 p.m Zumba 6:15 p.m	29	30

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