

**Functional Fitness:  
Mondays & Wednesdays  
at 1800 in the Field  
House**

# TOWER BARRACKS FITNESS CLASSES

FH=Field House



MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 - Glute Boot Camp (Alodi)	2 10:30am 4:00pm & 5:00pm Yoga (Amanda) 6:15pm Zumba (Jenny)	3 5:00pm MixxedFit - Somon 6:00pm Indoor Cycling (Meghan)	4 6:15pm Zumba (Jenny)	5 6:30 pm-Yoga (Amanda)	6 FREE!! Open CROSSFIT Competition (FH)	7 10:00am Functional Fitness (FH)
8 9:00 - Glute Boot Camp (Alodi)	9 10:30am 4:00pm & 5:00pm Yoga (Amanda) 6:15pm Zumba (Jenny)	10 5:00pm MixxedFit - Somon 6:00pm Indoor Cycling (Meghan)	11 6:15pm Zumba (Jenny)	12 6:30 pm-Yoga (Amanda)	13 FREE!! Open CROSSFIT Competition (FH)	14 10:00am Functional Fitness (FH)
15 9:00 - Glute Boot Camp (Alodi)	16 10:30am 4:00pm & 5:00pm Yoga (Amanda) 6:15pm Zumba (Jenny)	17 5:00pm MixxedFit - Somon 6:00pm Indoor Cycling (Meghan)	18 6:15pm Zumba (Jenny)	19 6:30 pm Yoga (Amanda)	20 6:00pm Functional Fitness (FH)	21 10:00am Functional Fitness (FH)
22 9:00 - Glute Boot Camp (Alodi)	23 10:30am 4:00pm & 5:00pm Yoga (Amanda) 6:15pm Zumba (Jenny)	24 5:00pm MixxedFit - Somon 6:00pm Indoor Cycling (Meghan)	25 6:15pm Zumba (Jenny)	26 6:30 pm Yoga (Amanda)	27 Training Holiday	28 10:00am Functional Fitness (FH)
29 9:00 - Glute Boot Camp (Alodi)	30 Training Holiday	31 5:00pm MixxedFit - Somon 6:00pm Indoor Cycling (Meghan)				



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