

TOWER BARRACKS

FITNESS CLASSES

(FH) = Field House

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00am - Functional Fitness (FH)
2 24/7 Access Only	3 5:00pm - Yoga (Amanda) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	4 10:00am -Yoga (Amanda) 5:00pm MixxedFit (Somon) 6:00pm - Indoor Cycling (Meghan)	5 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	6 5:15pm - Zumba (Mari) 6:30 pm-Yoga (Amanda)	7 6:00pm - Functional Fitness (FH)	8 10:00am - Functional Fitness (FH)
9 9:00 - Glute Boot Camp (Alodi)	10 Training Holiday	11 Federal Holiday	12 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	13 5:15pm - Zumba (Mari) 6:30 pm-Yoga (Amanda)	14 6:00pm - Functional Fitness (FH)	15 10:00am - Functional Fitness (FH)
16 24/7 Access Only	17 5:00pm-Yoga (Amanda) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	18 10:00am -Yoga (Amanda) 5:00pm MixxedFit (Somon) 6:00pm - Indoor Cycling (Meghan)	19 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	20 5:15pm - Zumba (Mari) 6:30 pm-Yoga (Amanda)	21 6:00pm - Functional Fitness (FH)	22 10:00am - Functional Fitness (FH) USAG Bavaria 5K Turkey Trot (Rose Barracks)
23/30 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari) No Zumba class on Nov 30th	24 5:00pm-Yoga (Amanda) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	25 10:00am -Yoga (Amanda) 5:00pm MixxedFit (Somon) 6:00pm - Indoor Cycling (Meghan)	26 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	27 Federal Holiday	28 Training Holiday	29 10:00am - Functional Fitness (FH)



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