

ROSE BARRACKS FITNESS CLASSES

U.S. ARMY
MWR
USAG BAVARIA

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30PM MIXXEDFIT (SOMON)	2 6:00PM Functional Fitness - Alejandra 6:00PM Zumba - MARI	3		5	6
7	8 5:30PM MIXXEDFIT (SOMON)	9 6:00PM Functional Fitness - Alejandra 6:00PM Zumba - MARI	10		12	13
14	15 5:30PM MIXXEDFIT (SOMON)	16 6:00PM Functional Fitness - Alejandra 6:00PM Zumba - MARI	17		19	20 USAG Bavaria 5K Jingle Bell Run Tower Barracks
21	22 NO CLASS	23 NO CLASS	24	25 Federal Holiday	26 Training Holiday	27
28	29 NO CLASS	30 NO CLASS	31			



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