

ROSE BARRACKS FITNESS CLASSES

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling - Jamie	3 6:00PM Functional Fitness Alejandra		5	6	7
8	9 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling - Jamie	10 6:00PM Functional Fitness Alejandra	11	12	13	14
15	16 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling - Jamie	17 6:00PM Functional Fitness Alejandra	18	19	20	21
22	23 5:30pm MIXXEDFIT - Somon 7:00pm Indoor Cycling - Jamie	24 6:00PM Functional Fitness Alejandra	25	26	27 Training Holiday	28
29	30 Training Holiday	31 6:00PM Functional Fitness Alejandra				



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