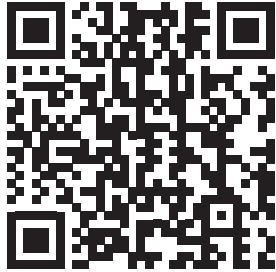


DON'T WAIT
 IN LINE...

**REGISTER
 ONLINE!**

SCAN ME



& GET YOUR
TICKETS TODAY

FITNESS PROGRAM NOVEMBER 2024

TOWER BARRACKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00am - Zumba Quintessa	2 9:15am - Zumba (Anna) 11:30am - Mat Pilates (Katherine)
3 9am - Zumba (Anna) 5pm - All-levels yoga (Chrissy) 6:15pm - Zumba (Jenny)	4	5 9:00am - Zumba Quintessa 6:00pm - Spin Meghan	6 9am - Zumba STRONG (Anna) 10am - Mixxed Fit (Somon) 5:30pm - Zumba (Jenny)	7 9:00am - Yoga (Breanna) 6:30pm- Power Yoga (Paul)	8	9 9:15am - Zumba STRONG (Anna)
10	11 Veteran's Day	12 6:00pm - Spin Meghan	13 10am - MixxedFit (Somon) 5:30pm - Zumba (Jenny)	14 9:00am - Yoga (Breanna) 6:30pm Power Yoga (Paul)	15 9:00am - Zumba Quintessa	16 9:15am - Zumba (Anna) 11:30am - Mat Pilates (Katherine)
17 9am - Zumba (Anna) 6:15pm - Zumba (Jenny)	18	19	20 9am - Zumba STRONG (Anna) 10am - Mixxed Fit (Somon) 5:30pm - Zumba (Jenny)	21 9:00am - Yoga (Breanna) 6:30pm Power Yoga (Paul)	22 9:00am - Zumba Quintessa	23 9:15am - Zumba STRONG (Anna) 11:30am - Mat Pilates (Katherine)
24 9am - Zumba (Anna) 5pm - All-levels yoga (Chrissy) 6:15pm - Zumba (Jenny)	25	26 9:00am - Zumba Quintessa 6:00pm - Spin Meghan	27 5:30pm - Zumba (Jenny)	28 Thanksgiving	29 Training Holiday	30 11:30am - Mat Pilates (Katherine)

GRAFENWOEHR.ARMYMWR.COM/FITNESS