

FH=Field House

TOWER BARRACKS FITNESS CLASSES



JULY 2026

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



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