

September 2025

ROSE BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2 6:00pm - Zumba (Mari)	3	4	5	6
7	8 5:30pm MixxedFit (Somon)	9 6:00pm - Zumba (Mari)	10	11	12	13
14	15	16 6:00pm - Zumba (Mari)	17	18	19	20
21	22 5:30pm MixxedFit (Somon)	23 6:00pm - Zumba (Mari)	24	25	26	27
28	29	30 6:00pm - Zumba (Mari)				



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