

TOWER BARRACKS

FITNESS CLASSES

(FH) = Field House

OCTOBER 2025

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



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