

TOWER BARRACKS

FITNESS CLASSES

(FH) = Field House

JANUARY 2026

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



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