

# TOWER BARRACKS

## FITNESS CLASSES

**(FH) = Field House**

U.S. ARMY  
**MWR**  
USAG BAVARIA

### JANUARY 2026

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



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