

DON'T WAIT
IN LINE...

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ONLINE!**

SCAN ME



& GET YOUR
TICKETS TODAY



JANUARY 2023 CALENDAR

FITNESS PROGRAM

ROSE BARRACKS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED FEDERAL HOLIDAY	2 HOLIDAY HOURS	3 ZUMBA 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	4 SPIN 12:15 - 12:45 P.M. THE BOX 5:30 - 6:30 P.M. @ MEMORIAL FITNESS CENTER	5 ZUMBA 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	6	7
8	9	10 ZUMBA 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	11 SPIN 12:15 - 12:45 P.M. THE BOX 5:30 - 6:30 P.M. @ MEMORIAL FITNESS CENTER	12 ZUMBA 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	13	14
15	16	17 ZUMBA 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	18 SPIN 12:15 - 12:45 P.M. THE BOX 5:30 - 6:30 P.M. @ MEMORIAL FITNESS CENTER	19 ZUMBA 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	20	21
22	23	24 ZUMBA 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	25 SPIN 12:15 - 12:45 P.M. THE BOX 5:30 - 6:30 P.M. @ MEMORIAL FITNESS CENTER	26 ZUMBA 10:00 - 11:00 A.M. ZUMBA 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER	27	28
29	30	31 ZUMBA 10:00 - 11:00 A.M. STRONG HIIT 6:30 - 7:30 P.M. @ MEMORIAL FITNESS CENTER				

MORE INFORMATION AT **GRAFENWOEHR.ARMYMWR.COM**