

(FH) = Field House

September 2025

U.S. ARMY
MWR
USAG BAVARIA

TOWER BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2	3 6:00pm -Functional Fitness (FH) 6:15pm - Zumba (Jenny)	4 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	5	6 10:00am - Functional Fitness (FH)
7 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	8 9:00am - Zumba (Anna) 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	9 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	10 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	11 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	12 ORG DAY 24/7 ACCESS ONLY	13 10:00am - Functional Fitness (FH)
14 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	15 9:00am - Zumba (Anna) 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	16 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	17 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	18 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	19	20 10:00am - Functional Fitness (FH)
21 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	22 9:00am - Zumba (Anna) 5:00pm - Yoga (Paul) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	23 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	24 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	25 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	26	27 10:00am - Functional Fitness (FH)
28 9:00 - Glute Boot Camp (Alodi) 10:00am - Zumba (Mari)	29 9:00am - Zumba (Anna) 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	30				



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