



Mueller Fitness Center

June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Strength Circuit 1200-1300	2
5 Yoga 1200-1300 Circuit Training 1630-1730	6	7 Circuit Training 1630-1730 Yoga 1745-1845	8 Pilates 1200-1300	9
12 Yoga 1200-1300 Circuit Training 1630-1730	13	14 Yoga 1745-1845	15	16
19 Closed For Holiday	20	21 Circuit Training 1630-1730 Yoga 1745-1845	22	23
26 Circuit Training 1630-1730	27	28 Circuit Training 1630-1730 Yoga 1745-1845	29	30

Sheridan Kaserne Building 119
CIV: 08821 750 2747 DSN: 440-2747

Hours of Operation

Monday to Thursday: 0630-1900

Friday: 0930-1900

Closed Saturday, Sunday & US Holidays

24/7 access available for US ID card holders 18+

Fitness Classes: Starting at \$6

Bike Tune-Ups: Starting at \$25

Personal Training: Starting at \$40 a session.

Available by appointment. Special deals
available. Ask staff for details.

Reiki: Thursdays @ 1745 by appointment.

Classes are color coded by instructor: Jesse, Erin, Leslie