



Mueller Fitness Center *October 2023*



Monday	Tuesday	Wednesday	Thursday	Friday
2 Yoga 1200-1300 Circuit Training <i>1630-1730</i>	3	4 Circuit Training <i>1630-1730</i>	5	6
9 <i>Holiday</i> <i>Columbus Day</i>	10	11	12 Strength Circuit Training 1200-1300	13
16 Yoga 1200-1300 Circuit Training <i>1630-1730</i>	17	18 Circuit Training <i>1630-1730</i>	19 Strength Circuit Training 1200-1300	20
23 Yoga 1200-1300 Circuit Training <i>1630-1730</i>	24	25 Circuit Training <i>1630-1730</i>	26 Strength Circuit Training 1200-1300	27
30 Yoga 1200-1300 Circuit Training <i>1630-1730</i>	31			

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

Monday to Thursday: 0630-1900
Friday: 0930-1900
Closed Saturday, Sunday & US Holidays

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

Erin
Leslie
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.