



# **Mueller Fitness Center** *November 2023*



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>2</b>	<b>3</b>
<b>6</b> <b>Yoga 1200-1300</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>7</b>	<b>8</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>9</b>	<b>10</b> <b>Holiday</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>16</b> <b>Strength Circuit Training 1200-1300</b>	<b>17</b>
<b>20</b> <b>Yoga 1200-1300</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>21</b>	<b>22</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>23</b> <b>Holiday</b>	<b>24</b>
<b>27</b> <b>Yoga 1200-1300</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>28</b>	<b>29</b> <b>Circuit Training</b> <i>1630-1730</i>	<b>30</b> <b>Strength Circuit Training 1200-1300</b>	

**Erin's Classes**

**Leslie's Classes**

**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.**

**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+**