





Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Yoga 1200-1300	6	7	8	9
Yoga 1200-1300	13	14	15	16
19 Closed for Holiday	20	21	22	23
26	Volleyball Team Sign-up Deadline	28	29	

Sheridan Kaserne Building 119 CIV: 09641 70521 2747 DSN: 521-2747

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: \$50 a session.