

October 2025

GARMISCH FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Circuit Training - 0900	2	3
6	7 Indoor Soccer - 1730	8 Circuit Training - 0900	9 Circuit Training - 1730	10
13 U.S Holiday- Columbus Day	14 Indoor Soccer - 1730	15 Circuit Training - 0900	16 Circuit Training - 1730	17
20	21 Indoor Soccer - 1730	22 Circuit Training - 0900	23 Circuit Training - 1730	24
27	28 Indoor Soccer - 1730	29 Circuit Training - 0900	30 Circuit Training - 1730	31



SCAN FOR MORE INFORMATION & TICKETS VISIT:
[GARMISCH.ARMYMWR.COM/FITNESS](https://garmisch.armymwr.com/fitness)