

April 2025

GARMISCH FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8 Circuit Training- 0900 Volleyball - 17:15	9 Spin Class - 0900 Yoga Workshop 11:30	10 Circuit Training- 0900 Volleyball - 17:15	11
14	15 Circuit Training- 0900 Volleyball - 17:15	16 Spin Class - 0900 Yoga Workshop 11:30	17 Circuit Training- 0900 Volleyball - 17:15	18
21	22 Circuit Training- 0900	23 Spin Class - 0900 Yoga Workshop 11:30	24 Circuit Training- 0900	25
28	29 Circuit Training- 0900 Softball Coaches Meeing	30	-	-



SCAN FOR MORE INFORMATION & TICKETS VISIT:
GARMISCH.ARMYMWR.COM/FITNESS