

# MARCH 2025

## GARMISCH FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> *Circuit Training starting March 4th will be \$6 a class or 3 for \$15 and 10 for \$50.	<b>4</b> Circuit Training 09:00-10:00	<b>5</b> Yoga Workshop 11:30	<b>6</b> Circuit Training 09:00-10:00	<b>7</b>
<b>10</b>	<b>11</b> Circuit Training 09:00-10:00	<b>12</b> Yoga Workshop 11:30	<b>13</b> Circuit Training 09:00-10:00	<b>14</b>
<b>17</b>	<b>18</b> Circuit Training 09:00-10:00  Volleyball - 17:30	<b>19</b> Yoga Workshop 11:30	<b>20</b> Circuit Training 09:00-10:00  Volleyball - 17:30	<b>21</b>
<b>24</b>	<b>25</b> Circuit Training 09:00-10:00  Volleyball - 17:30	<b>26</b> Spin Class 09:00  Yoga Workshop 11:30	<b>27</b> Circuit Training 09:00-10:00  Volleyball - 17:30	<b>28</b>
<b>31</b>	-	-	-	-



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