

# August 2025

## HOHENFELS FITNESS PROGRAM

| MONDAY                                                        | TUESDAY                                                             | WEDNESDAY                                          | THURSDAY                                                                 | FRIDAY                          | SATURDAY                                   |
|---------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------|---------------------------------|--------------------------------------------|
| 28<br>Indoor Cycling<br>11:45-12:15                           | 29<br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 30<br>Indoor Cycling<br>11:45-12:15<br>16:45-17:15 | 31<br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000 | 1<br>Holiday Hours<br>0800-1600 | 2                                          |
| 4<br>Holiday Hours<br>0800-1600<br>Indoor Cycling<br>NO CLASS | 5<br>Soldier Conditioning<br>NO CLASS<br>Tabata HIIT<br>NO CLASS    | 6<br>Indoor Cycling<br>11:45-12:15<br>16:45-17:15  | 7<br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000  | 8                               | 9                                          |
| 11<br>Indoor Cycling<br>11:45-12:15                           | 12<br>Soldier Conditioning<br>NO CLASS<br>Tabata HIIT<br>NO CLASS   | 13<br>Indoor Cycling<br>11:45-12:15<br>16:45-17:15 | 14<br>Soldier Conditioning<br>NO CLASS<br>Circuit Bootcamp<br>NO CLASS   | 15                              | 16<br>2nd Annual<br>Driathlon<br>0800-1200 |
| 18<br>Indoor Cycling<br>11:45-12:15                           | 19<br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 20<br>Indoor Cycling<br>11:45-12:15<br>16:45-17:15 | 21<br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000 | 22                              | 23                                         |
| 25<br>Indoor Cycling<br>NO CLASS                              | 26<br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 27<br>Indoor Cycling<br>11:45-12:15<br>16:45-17:15 | 28<br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000 | 29                              | 30                                         |



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