

July 2025

HOHENFELS FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Indoor Cycling 11:45-12:15	1 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	2 Indoor Cycling 11:45-12:15 16:45-17:15	3 Soldier Conditioning NO CLASS Circuit Bootcamp NO CLASS	4 Happy 4th of July CLOSED	5
7 Holiday Hours 0800-1630 Indoor Cycling NO CLASS	8 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	9 Indoor Cycling NO CLASS NO CLASS	10 Soldier Conditioning NO CLASS Circuit Bootcamp 0900-1000	11	12
14 Indoor Cycling 11:45-12:15	15 Soldier Conditioning NO CLASS Tabata HIIT 0900-1000	16 Indoor Cycling NO CLASS NO CLASS	17 Soldier Conditioning NO CLASS Circuit Bootcamp 0900-1000	18	19
21 Indoor Cycling 11:45-12:15	22 Soldier Conditioning NO CLASS Tabata HIIT 0900-1000	23 Indoor Cycling 11:45-12:15 16:45-17:15	24 Soldier Conditioning NO CLASS Circuit Bootcamp 0900-1000	25	26
28 Indoor Cycling 11:45-12:15	29 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	30 Indoor Cycling 11:45-12:15 16:45-17:15	31 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	1	2



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