

November 2025

HOHENFELS FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Indoor Cycling 11:45-12:15	28 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	29 Indoor Cycling 11:45-12:15	30 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	31 HAPPY HALLOWEEN	1
3 Indoor Cycling 11:45-12:15	4 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	5 Indoor Cycling NO CLASS	6 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	7	8
10 HOLIDAY HOURS 0800-1600 Indoor Cycling NO CLASS	11 CLOSED VETERANS DAY	12 Indoor Cycling NO CLASS	13 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	14	15
17 Indoor Cycling 11:45-12:15	18 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	19 Indoor Cycling 11:45-12:15	20 Soldier Conditioning NO CLASS Circuit Bootcamp NO CLASS	21	22 Turkey Trot 5K/10K 10:00-12:00
24 Indoor Cycling 11:45-12:15	25 Soldier Conditioning NO CLASS Tabata HIIT 0900-1000	26 Indoor Cycling NO CLASS	27 CLOSED HAPPY THANKSGIVING	28	29



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