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# FITNESS PROGRAM

## March 2025

### HOHENFELS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25 Soldier Conditioning 0645-0745 Tabata HIIT NO CLASS	26	27 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	28	1
2	3	4 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	5	6 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	7	8
9	10	11 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	12	13 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	14	15 Shamrock 5K Fun Run/Walk 1000-1200
16	17	18 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	19	20 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	21	22
23	24	25 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	26	27 Soldier Conditioning NO CLASS Circuit Bootcamp NO CLASS	28 Holiday Hours 0800-1600	29

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