

# October 2025

## HOHENFELS FITNESS PROGRAM

| MONDAY                                  | TUESDAY                                                                 | WEDNESDAY                               | THURSDAY                                                                     | FRIDAY                               | SATURDAY |
|-----------------------------------------|-------------------------------------------------------------------------|-----------------------------------------|------------------------------------------------------------------------------|--------------------------------------|----------|
| 29<br><br>Indoor Cycling<br>NO CLASS    | 30<br><br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 1<br><br>Indoor Cycling<br>NO CLASS     | 2<br><br>Soldier Conditioning<br>NO CLASS<br>Circuit Bootcamp<br>NO CLASS    | 3                                    | 4        |
| 6<br><br>Indoor Cycling<br>11:45-12:15  | 7<br><br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000  | 8<br><br>Indoor Cycling<br>11:45-12:15  | 9<br><br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000  | 10<br><br>HOLIDAY HOURS<br>0800-1600 | 11       |
| 13<br><br>CLOSED                        | 14<br><br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 15<br><br>Indoor Cycling<br>11:45-12:15 | 16<br><br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000 | 17                                   | 18       |
| 20<br><br>Indoor Cycling<br>11:45-12:15 | 21<br><br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 22<br><br>Indoor Cycling<br>11:45-12:15 | 23<br><br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000 | 24                                   | 25       |
| 27<br><br>Indoor Cycling<br>11:45-12:15 | 28<br><br>Soldier Conditioning<br>0645-0745<br>Tabata HIIT<br>0900-1000 | 29<br><br>Indoor Cycling<br>11:45-12:15 | 30<br><br>Soldier Conditioning<br>0645-0745<br>Circuit Bootcamp<br>0900-1000 | 31                                   | 1        |



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