

January 2026

HOHENFELS FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Indoor Cycling NO CLASS	30 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	31 Indoor Cycling NO CLASS	1 New Years Day CLOSED	2 Holiday Hours 0800-1600	3
5 Indoor Cycling 11:45-12:15	6 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	7 Indoor Cycling 11:45-12:15	8 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	9	10 FREE FITNESS DAY 10:00-12:00
12 Indoor Cycling 11:45-12:15	13 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	14 Indoor Cycling 11:45-12:15	15 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	16 Holiday Hours 0800-1600	17
19 Holiday CLOSED	20 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	21 Indoor Cycling 11:45-12:15	22 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	23	24
26 Indoor Cycling NO CLASS	27 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	28 Indoor Cycling 11:45-12:15	29 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	30	31



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