

December 2025

HOHENFELS FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Indoor Cycling 11:45-12:15	2 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	3 Indoor Cycling NO CLASS	4 Soldier Conditioning NO CLASS Circuit Bootcamp NO CLASS	5	6
8 Indoor Cycling 11:45-12:15	9 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	10 Indoor Cycling 11:45-12:15	11 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	12	13
15 Indoor Cycling 11:45-12:15	16 Soldier Conditioning 0645-0745 Tabata HIIT 0900-1000	17 Indoor Cycling 11:45-12:15	18 Soldier Conditioning 0645-0745 Circuit Bootcamp 0900-1000	19	20
22 Indoor Cycling NO CLASS	23 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	24 Indoor Cycling NO CLASS	25 Closed Merry Christmas	26 HOLIDAY HOURS 0800-1600	27
29 Indoor Cycling NO CLASS	30 Soldier Conditioning NO CLASS Tabata HIIT NO CLASS	31 Indoor Cycling NO CLASS	1 Soldier Conditioning NO CLASS Circuit Bootcamp NO CLASS	2 HOLIDAY HOURS 0800-1600	3



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