



Kaiserslautern Family and MWR

Fitness, Athletics & Aquatics Team

JUL (FREE) Outdoor Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	2 YOGA @9:00 am (PUL-Y) TBC @9:00 am (LAN)	3 YOGA @12:00 am (PUL-Y)	4
5	6 YOGA @9:00 am (PUL-Y) YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	7 TBC @9:00 am (LAN) YOGA @12:00 pm (PUL-Y) YOGA @5:30 pm (PUL-Y)	8 YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	9 TBC @9:00 am (LAN) YOGA @9:00 am (PUL-Y) Virtual ZUMBA!	10 YOGA @12:00 pm (PUL-Y)	11
12	13 YOGA @9:00 am (PUL-Y) YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	14 TBC @9:00 am (LAN) YOGA @12:00 pm (PUL-Y) YOGA @5:30 pm (PUL-Y)	15 YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	16 TBC @9:00 am (LAN) YOGA @9:00 am (PUL-Y) B.A.GIT @12:00 pm (PUL-Y)	17 YOGA @12:00 pm (PUL-Y)	18
19	20 YOGA @9:00 am (PUL-Y) YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	21 TBC @9:00 am (LAN) YOGA @12:00 pm (PUL-Y) YOGA @5:30 pm (PUL-Y)	22 YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	23 TBC @9:00 am (LAN) YOGA @9:00 am (PUL-Y) B.A.GIT @12:00 pm (PUL-Y)	24 YOGA @12:00 pm (PUL-Y)	25
26	27 YOGA @9:00 am (PUL-Y) YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	28 TBC @9:00 am (LAN) YOGA @12:00 pm (PUL-Y) YOGA @5:30 pm (PUL-Y)	29 YOGA @12:00 pm (ROB) ZUMBA! @6:00 pm (ARM)	30 TBC @9:00 am (LAN) YOGA @9:00 am (PUL-Y) B.A.GIT @12:00 pm (PUL-Y)	31 YOGA @12:00 pm (PUL-Y)	

Kaiserslautern Outdoor Fitness Locations

(ARM) = Armstrong's Tennis Court
 (LAN) = Landstuhl Track or Community Field
 (PUL-T) = Pulaski Track
 (PUL-Y) = Pulaski Massage & Yoga Studio Parking Lot
 (ROB) = Rhine Ordnance Barracks Fitness Center Basketball Courts

PLEASE NOTE

- 50 participant max (including instructor & employee).
- Social distancing must be practiced at all times.
- Participants need to bring their own mats, towels, water, etc.
- Employee will be on site to aid instructors & monitor crowd.
- Roster data will be collected for tracing/contractor payment purposes.
- Weather note: If it is raining, classes will be cancelled.