

OCTOBER 2024

FITNESS CLASS SCHEDULE

Schofield Barracks Health & Fitness Center

Monday - Friday
5 a.m.-8:30 p.m.

Single Class: \$4
(Credit/Debit Card Only)

For more information, call
(808) 787-5739.

Open to all DoD ID Cardholders.

Unit PT Fitness Classes: 6:30-7:30 a.m. (Appointment only).

Spin
Coach Carlie

Spin
Coach Heidi

Zumba
Coach Ashley E.

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Spin 5:30 p.m. 1	Spin 9 a.m. Zumba 6 p.m. 2	3	4	5
6	7	8	Zumba 6 p.m. 9	10	11	12
13	14	Domestic Violence Awareness Month FREE CLASS Spin 5:30 p.m. 15	16	17	18	19
20	21	Spin 5:30 p.m. 22	Zumba 6 p.m. 23	24	25	Costume Dash Run @ HMR 26
27	28	Spin 5:30 p.m. 29	Spin 9 a.m. Domestic Violence Awareness Month FREE CLASS Zumba 6 p.m. 30	HAPPY Halloween 31	Join Our Facebook Group: Army Fitness Hawaii	Army Fitness Hawaii Facebook Group



HiMWR.com or MWR HAWAII

