

# JANUARY 2026

## FITNESS CLASS SCHEDULE

Lee Health & Fitness Center

Monday - Friday  
6 a.m.-7 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 Heidi*

*Special  
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group		 Gym closed 1	2	3
4	5	6	Spin 9 a.m. 7	8	9	10
11	12	13	Spin 9 a.m. 14	15	16	17
18	 Gym closed 19	20	Spin 9 a.m. 21	22	23	24
25	26	27	Spin 9 a.m. 28	29	Mission Slimpossible 7 Entry Deadline Initial weigh-in @LEE HFC 30	31



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