

# JULY 2025

## FITNESS CLASS SCHEDULE

Lee 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*

*Special  
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <i>Spin</i> 9 a.m.	3	4  Gym closed	5
6	7	8	9 <i>Spin</i> 9 a.m.	10	11	12
13	14	15 <i>Spin</i> 5:30 p.m.	16 <i>Spin</i> 9 a.m.	17	18	19
20	21	22 <i>Spin</i> 5:30 p.m.	23 <i>Spin</i> 9 a.m.	24	25	26
27	28	29 <i>Spin</i> 5:30 p.m.	30 <i>Spin</i> 9 a.m.	31	Join Our Facebook Group: Army Fitness Hawaii	 Army Fitness Hawaii Facebook Group



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