

MARCH 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.

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

MixedFit/Power Pulse
Coach Ashley M.

Spin
Coach Heidi

Yoga
Coach Kara

Zumba
Coach Ashley E.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group				
					1	2
3	4	Yoga 6 p.m. 5	Spin 9 a.m. 6	Power Pulse 5:30 p.m. 7 Mixed Fit 6:30 p.m.	8	9
10	11	12	Spin 9 a.m. 13 Zumba 6 p.m.	Power Pulse 5:30 p.m. 14 Mixed Fit 6:30 p.m.	15	16
HAPPY ST. PATRICK'S Day 17	18	Yoga 6 p.m. 19	Spin 9 a.m. 20 Zumba 6 p.m.	Power Pulse 5:30 p.m. 21 Mixed Fit 6:30 p.m.	22	23
24		Yoga 6 p.m. 26	Spin 9 a.m. 27 Zumba 6 p.m.	Power Pulse 5:30 p.m. 28 Mixed Fit 6:30 p.m.		
HAPPY Easter 31	25	26	27	28	29	30



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