

MARCH 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
1	2	3	Spin 9 a.m. 4	5	6	7
8	9	10	Spin 9 a.m. 11	12	Mission Slimpossible 7 final weigh-in @LEE HFC 13	Malasada Mile @Lee HFC 14
15	16	17	Spin 9 a.m. 18	19	20	21
22	23	24	Spin 9 a.m. 25	26	27	28
29	30	31		Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group