

MARCH 2025

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

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group				1
2	3	4 Spin 5:30 p.m.	5 Spin 9 a.m.	6	7 Mission Slimpossible 6 Last day of final weigh@HFC	8
9	10	11 Spin 5:30 p.m.	12 Spin 9 a.m.	13	14	15 Aloha Splash and Dash @Weyand Field
16	17	18	19 Spin 9 a.m.	20	21	22 Aloha Jam 3 on 3 Basketball Tournament @Martinez
23	24	25	26 Spin 9 a.m.	27 Spin 5:30 p.m.	28	29
30	31					