

# JUNE 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.

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



MixedFit/Power Pulse  
Coach Ashley M.

Spin  
Coach Carlie

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	Spin 5:30 p.m. 4	Spin 9 a.m. 5 Zumba 6 p.m. Yoga 7 p.m.	Power Pulse 5:30 p.m. 6 Mixed Fit 6:30 p.m.	7	8
9	10	Spin 5:30 p.m. 11	Spin 9 a.m. 12 Zumba 6 p.m. Yoga 7 p.m.	Power Pulse 5:30 p.m. 13 Mixed Fit 6:30 p.m.	14	15
HAPPY Father's DAY 16	17	Spin 5:30 p.m. 18	 19	Power Pulse 5:30 p.m. 20 Mixed Fit 6:30 p.m.	21	22
23		Spin 5:30 p.m. 25	Spin 9 a.m. 26 Zumba 6 p.m. Yoga 7 p.m.	Power Pulse 5:30 p.m. 27 Mixed Fit 6:30 p.m.		
30	24	25	26	27	28	29



HiMWR.com or MWR HAWAII

