

MAY 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	5	6 Spin 5:30 p.m.	7 Spin 9 a.m. The Avenger Challenge @HFC	8 The Avenger Challenge @HFC	9 The Avenger Challenge @HFC	10
11	12	13 Spin 5:30 p.m.	14 Spin 9 a.m.	15	16	17 Ho'okuku PickleBall Classic @SB Arts & Crafts Tennis Courts
18	19	20 Spin 5:30 p.m.	21 Spin 9 a.m.	22	23	24
25	26  Memorial Day REMEMBER AND HONOR ***	27 Spin 5:30 p.m.	28 Spin 9 a.m.	29	30	31



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