

APRIL 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 |
|-----------|-----------|--------------------------------|-----------------------------|---|-----------|--|
| | | 1 Spin 5:30 p.m. | 2 Spin 9 a.m. | 3 | 4 | 5 Da Ho' Oikaika Hui Team Competition @Martinez |
| 6 | 7 | 8 Spin 5:30 p.m. | 9 Spin 9 a.m. | 10 | 11 | 12 |
| 13 | 14 | 15 Spin 5:30 p.m. | 16 Spin 9 a.m. | 17 | 18 | 19 Egg-Cellent 5K Run @Weyand Field |
| 20 | 21 | 22 Spin 5:30 p.m. | 23 Spin 9 a.m. | 24 | 25 | 26 |
| 27 | 28 | 29 Spin 5:30 p.m. | 30 Spin 9 a.m. | Join Our Facebook Group: Army Fitness Hawaii | |  Army Fitness Hawaii Facebook Group |



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