

SEPTEMBER 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 <u>Spin</u> 9 a.m.	3	4	5
6	7 HAPPY Labor Day Gym closed	8	9 <u>Spin</u> 9 a.m.	10	11 9/11 Memorial Stair Climb Challenge @Lee HFC	12
13	14	15	16 <u>Spin</u> 9 a.m.	17	18	19
20	21	22	23 <u>Spin</u> 9 a.m.	24	25	26 Wurst 5K Run @Weyand Field
27	28	29	30 <u>Spin</u> 9 a.m.			



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