

FEBRUARY 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.

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

MixedFit/Power Pulse
Coach Ashley M.

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		Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 1	2	3
4	5	Yoga 6 p.m. 6	Spin 9 a.m. Zumba 6 p.m. 7	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 8	9	10
11	12	Yoga 6 p.m. 13	Spin 9 a.m. 14	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 15	16	17
18	HAPPY President's DAY	Yoga 6 p.m. 20	Spin 9 a.m. Zumba 6 p.m. 21	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 22	23	24
25	26	Yoga 6 p.m. 27	Spin 9 a.m. 28	29		



HiMWR.com or MWR HAWAII

