

JULY 2023

FITNESS CLASS SCHEDULE

Schofield Barracks
Health & Fitness Center

Monday-Friday
5:00 a.m.-8:30 p.m.

Single Class: \$4
(Credit/Debit Card Only)

For more information,
call (808) 655-8007.

Open to all DoD ID Cardholders.




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

MixedFit
Coach Ashley

Spin
Coach Heidi

Functional Fitness
Coach Kristi

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call (808) 655-5975.			 Army Fitness Hawaii Facebook Group			1
2	3	HAPPY  Independence DAY	5	Functional Fitness 9 a.m. MixedFit 6 p.m.	7	8
9	10	11	12	Functional Fitness 9 a.m. MixedFit 6 p.m.	14	15
16	17	Functional Fitness 9 a.m.	19	Functional Fitness 9 a.m.	21	22
23	24	Functional Fitness 9 a.m.	Spin 9 a.m.	Functional Fitness 9 a.m.		
30	31	25	26	27	28	29