

JULY 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
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group	1	2	3	 4 4th of JULY INDEPENDENCE DAY Gym closed
5	6	7	8 <i>Spin 9 a.m.</i>	9	10	11
12	13	14	15 <i>Spin 9 a.m.</i>	16	17	18
19	20	21	22 <i>Spin 9 a.m.</i>	23	24	25
26	27	28	29 <i>Spin 9 a.m.</i>	30	31	



HiMWR.com or  MWR HAWAII 

