

AUGUST 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	5 <i>Spin</i> 9 a.m.	6	7	8 Color Blast 5K Run @Stoneman Field
9	10	11	12 <i>Spin</i> 9 a.m.	13	14	15
16	17	18	19 <i>Spin</i> 9 a.m.	20	21	22
23	24	25	26 <i>Spin</i> 9 a.m.	27	28	29
30	31					



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