

JUNE 2025

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.

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

Spin
Coach Carlie

Spin
Coach Heidi

*Special
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 <u>Spin</u> 5:30 p.m.	4 <u>Spin</u> 9 a.m.	5	6	7
8	9	10 <u>Spin</u> 5:30 p.m.	11 <u>Spin</u> 9 a.m.	12	13	14 Army Ten Miler Qualifier @Richardson Pool
15	16	17 <u>Spin</u> 5:30 p.m.	18 <u>Spin</u> 9 a.m.	19 FREEDOM DAY JUNE TEENTH Gym closed	20	21
22	23	24 <u>Spin</u> 5:30 p.m.	25 <u>Spin</u> 9 a.m.	26	27	28
29	30			Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



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