

MAY 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	6 Spin 9 a.m.	7	8	9 Ho'okuku Pickleball Tournament @SB Pickleball courts
10	11	12	13 Spin 9 a.m.	14	15	16
17	18	19	20 Spin 9 a.m.	21	22 Garrison Org Day Gym open 6-8:30 a.m.	23
24	Gym closed 25  Memorial Day REMEMBER AND HONOR *****	26 DONSA Gym open 7 a.m-3 p.m.	27 Spin 9 a.m.	28	29	30
31						



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