

FEBRUARY 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
1	2	3	4	5	6	7
8	9	10	Spin 9 a.m.	12	13	14
15	HAPPY President's DAY Gym closed 16	17	Spin 9 a.m.	19	20	21
22	23	24	25	26	27	Kolekole 10K Run @Leader's Field 28
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group				



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