

MAY 2024

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).

*MixedFit/Power Pulse
Coach Ashley M.*

*Spin
Coach Heidi*

*Yoga
Coach Kara*

*Zumba
Coach Ashley E.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group	Spin 9 a.m. Zumba 6 p.m. Yoga 7 p.m. 1	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 2	3	4
 5	6	7	Spin 9 a.m. Zumba 6 p.m. Yoga 7 p.m. 8	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 9	10	11
 12	13	14	Spin 9 a.m. Zumba 6 p.m. Yoga 7 p.m. 15	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 16	17	18
19	20	21	Spin 9 a.m. Zumba 6 p.m. Yoga 7 p.m. 22	23	24	25
26	 27	28	Spin 9 a.m. Zumba 6 p.m. Yoga 7 p.m. 29	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 30	31	



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