

OCTOBER 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 Spin 9 a.m.	8	9	10
11	12 ***** Happy COLUMBUS DAY Gym closed	13	14	15	16	17
18	19	20	21	22	23	24 Inflatable Invasion Fun Run @Stoneman Field
25	26	27	28	29	30	31 HAPPY Halloween



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