

NOVEMBER 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	11 ***** HAPPY VETERANS DAY HONORING ALL WHO SERVED Gym closed	12	13	14
15	16	17	18 Spin 9 a.m.	19	20	21
22	23	24	25 Spin 9 a.m.	26 HAPPY THANKS <i>giving</i> Gym closed	27	28
29	30					



HiMWR.com or f USAG HAWAII @

