

AUGUST 2023

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) 655-8007.

Open to all DoD ID Cardholders.



Personal Training available (Appointment only).
Unit PT Fitness Classes: 6:30-7:30 a.m. (Appointment only).

MixedFit
Coach Ashley

Spin
Coach Heidi

Functional Fitness
Coach Kristi

*Special
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Join Our Facebook Group: Army Fitness Hawaii</p> <p>Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call (808) 655-5975.</p>			<u>Spin</u> 9 a.m.			
		1	2	3	4	5
	6	7	<u>Spin</u> 9 a.m.	<u>MixedFit</u> 6 p.m.		12
		8	9	10	11	
		<u>Functional Fitness</u> 9 a.m.	<u>Spin</u> 9 a.m.	<u>Functional Fitness</u> 9 a.m.		19
13	14	15	16	17	18	
		<u>Functional Fitness</u> 9 a.m.	<u>Spin</u> 9 a.m.	<u>Functional Fitness</u> 9 a.m.		
20	21	22	23	<u>MixedFit</u> 6 p.m.	24	26
					25	
	Intramural 7vs.7 Flag Football + Combine (AD Only) Stoneman Field 6 p.m.	<u>Functional Fitness</u> 9 a.m.	<u>Spin</u> 9 a.m.	<u>Functional Fitness</u> 9 a.m.		<p>Army Fitness Hawaii Facebook Group</p>
27	28	29	30	<u>MixedFit</u> 6 p.m.	31	



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