

APRIL 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
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group	Spin 9 a.m. 1	2	3	Recycle Run @Weyand Field 4
5	6	7	Spin 9 a.m. 8	9	10	11
12	13	14	Spin 9 a.m. 15	16	17	18
19	20	21	Spin 9 a.m. 22	23	24	25
26	27	28	Spin 9 a.m. 29	30		



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