

# K-16 SFA CLASS & EVENT

## March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 0930 Open Yoga	3 0630 A.T.T.A.C_E co (Circuit TR)	4	5 0630 A.T.T.A.C_Eco (YOGA) 0930 Open Yoga	6	7
8	9 0930 Open Yoga <small>_2nd FL, CAC BLDG</small>	10 0630 A.T.T.A.C_E co (Circuit TR) <small>_MULTIFIELD</small>	11	12 0630 A.T.T.A.C_Eco (YOGA) <small>_2nd FL, CAC BLDG</small> 0930 Open Yoga <small>_2nd FL, CAC BLDG</small>	13	14
15	16	17 0630 A.T.T.A.C_Eco (Circuit TR) <small>_MULTIFIELD</small>	18 0630 SFA 101 (New comer's PT w/ CSM) <small>-MULTIFIELD</small>	19	20	21
22	23 0930 Open Yoga	24 0630 A.T.T.A.C_E co (Circuit TR)	25	26 0630 A.T.T.A.C_Eco (YOGA) 0930 Open Yoga	27 Training Holiday	28
28	30 Training Holiday	31 0630 A.T.T.A.C_E co (Circuit TR)				

### OPEN YOGA

Boost your energy flow in the middle of the day with Yoga and Meditation. This class is open for all and good for beginner.

**Maximum Capacity: 12**

### A.T.T.A.C

Join our specialized training program "Advanced Tactical Training and Conditioning" designed for units engaged in Physical Readiness Training (PRT) and soldiers in reconditioning, including pregnancy soldiers. Our focus is on a holistic health approach, teaching and instructing soldiers. For more details and scheduling, reach out to strength and conditioning coach, Ms. Kim.

**Maximum Capacity: 30**

**"Individual rehabilitation or corrective exercise instruction is available during the 15 minute lunch period or PT time. Please contact Ms. Kim with Medical Clearance form."**

**Instructor: Ms. Kim, Min Chong**, Certified Strength and Conditioning Coach (by NSCA), Yoga instructor RYT 200

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