

K-16 SFA Fitness Class

NOVEMBER 2025



SUN	MON	TUE	WED	THU	FRI	SAT
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2	3 0930 Open Yoga class 1130-1230 Quarter Drill	4	5 1130-1230 Quarter Drill	6 0630 A.T.T.A.C (YOGA) HHC 0930 Open Yoga class	7 1000-1130 SFA101 for KATUSA	8
9	10	11 Veterans Day	12 1130-1230 Quarter Drill	13 0630 A.T.T.A.C (YOGA) HHC 0930 Open Yoga class	14	15
16	17	18 0630 SFA 101 for New Comer	19 1130-1230 Quarter Drill	20 0630 A.T.T.A.C (YOGA) HHC 0930 Open Yoga Class	21	22 K16 5K TURKEY TROT 0900
23	24 0930 Open Yoga Class 1130-1230 Quarter Drill	25	26 1130-1230 Quarter Drill	27 Thanksgiving Day(U.S)	28	29

A.T.T.A.C during PRT time (By Reservation)

Advanced Tactical Training and conditioning Program is for your unit PT or Individual re-conditioning by Certified Strength and Conditioning coach. Training will focus on a holistic approach teaching and instructing Active Duty Soldiers on the proper posture, increased mobility, energy system development and rehabilitative measures based on H2F.

Open Yoga Class

It is also essential to loose tension their body and keep breathing with movements in harmony through Asana(yoga movement) Even if it takes time and their flexibility.

Contact to Ms. Kim for your reservation minchong.kim.Ln@army.mil.
For more information call, DSN 722-8408 or from Cell 050-3322-8408.

