

K-16 SFA CLASS & EVENT

OCTOBER 2025



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Soldier's Day (KOR)	0630 HHC, 2-2 A.T.T.A.C(YOGA) 1000 KATUSA SFA 101	National Foundation Day (KOR)	
5	6	7	8	9	10	11
	CHUSEOK (KOR, US) 1130-1230 QUARTER DRILL	CHUSEOK (KOR) 0630 Dco (MT), 2-2 A.T.T.A.C(YOGA)	CHUSEOK (KOR) 1130-1230 QUARTER DRILL	Hangul Proclamation Day (KOR) 0630 HHC, 2-2 A.T.T.A.C (YOGA) 0930 OPEN YOGA	Training Holiday	
12	13	14	15	16	17	18
	Columbus Day (US) 1130-1230 QUARTER DRILL	0630 Dco(HQ), 2-2 A.T.T.A.C (YOGA)	1130-1230 QUARTER DRILL			
19	20	21	22	23	24	25
	1130-1230 QUARTER DRILL		0630 NEW SOLDIER SFA 101 1130-1230 QUARTER DRILL	0630 HHC, 2-2 A.T.T.A.C(YOGA) 0930 OPEN YOGA	0630 Dco(Shop), 2-2 A.T.T.A.C(YOGA) 1130-1230 QUARTER DRILL	
26	27	28	29	30	31	
	1130-1230 QUARTER DRILL		1130-1230 QUARTER DRILL	0630 HHC, 2-2 A.T.T.A.C (YOGA) 0930 OPEN YOGA	1130-1230 QUARTER DRILL	

A.T.T.A.C (Only 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.

Quarter Drill (By Reservation)

15 MINUTES
One-on-One Coaching for Warriors

- Rehab Guidance
- Weightlifting Techniques
- Proper use of Gym Equipment
- Personalized Exercise Instruction

OPEN YOGA

It is also essential to loose tension your body and keep breathing deeply with movements in harmony through Asana (yoga movement).
This class open for all community.

Sign up at the front desk day-of K16 GYM Basketball Court.
For more information call, DSN 722-8408 or from Cell 050-3322-8408.

