

# K-16 SFA Fitness Class

## FEBRUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 0930-1030 OPEN YOGA	3 0630 A.T.T.A.C _ E co Distro _ Circuit training	4 0530-0715 K16 Bar Club  0630 A.T.T.A.C. _ E co HQ _ YOGA	5 0630 A.T.T.A.C. _ C co _ YOGA  0930-1030 OPEN YOGA -CAC BLDG, 2nd FL	6 0630 A.T.T.A.C _HHC _ YOGA	7
8	9	10	11 0530-0715 K16 Bar Club  0630 A.T.T.A.C. _ E co HQ _ YOGA	12 0630 A.T.T.A.C. _ C co HQ _ YOGA  0930-1030 OPEN YOGA	13 0630 A.T.T.A.C _ E coDistro _ Circuit training  1000-1130 SFA 101 for new KATUSA	14
15	16 Presidents' Day	17 Lunar New Year's Day	18 0530-0715 K16 Bar Club  0630 A.T.T.A.C. _ E co HQ _ YOGA	19 0630 A.T.T.A.C. _ C co HQ _ YOGA  0930-1030 OPEN YOGA	20 0630 A.T.T.A.C _HHC - HHC	21
22	23 0930-1030 OPEN YOGA	24 0630 SFA 101 for New comers w/SGM	25 0630 A.T.T.A.C. _ E co HQ _ YOGA	26 0630 A.T.T.A.C. _ C co HQ _ YOGA  0930-1030 OPEN YOGA	27	28

**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.

**FMS & Biomechanical Assessment**  
For movement and alignment assessments

**Quarter Drill (15mins during lunch Time)**  
"Individual rehabilitation or corrective exercise instruction is available during the 15 minute lunch period or PT time.

**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

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.

