

# K-16 SFA Fitness Class

## FEBRUARY 2026



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

### 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](mailto:minchong.kim.Ln@army.mil).

For more information call, DSN 722-8408 or from Cell 050-3322-8408.

