

# K-16 SFA CLASS & EVENT

## April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1 0630 A.T.T.A.C_Eco (Yoga)	2 0630 A.T.T.A.C_Eco (YOGA) 0930 Open Yoga	3	4
5	6	7 0630 A.T.T.A.C_Dco (CIRCUIT TR) _MULTIFIELD	8 0630 A.T.T.A.C_Eco (Yoga)	9 0630 A.T.T.A.C_Bco (YOGA) 0930 Open Yoga	10	11
12	13 0930 Open Yoga	14 0630 A.T.T.A.C_E co (CIRCUIT TR)	15 0630 A.T.T.A.C_Eco (Yoga)	16 0630 A.T.T.A.C_Cco (Yoga) 0930 Open Yoga	17	18
19	20 0930 Open Yoga	21 0630 SFA101 for New Comer's PT w/ SGM	22 0630 A.T.T.A.C_Eco (Yoga)	23 0630 A.T.T.A.C_Eco (YOGA) 0930 Open Yoga	24	25
26	27 0930 Open Yoga	28 0630 A.T.T.A.C_E co (CIRCUIT TR)	29 0630 A.T.T.A.C_Eco (Yoga)	30		

### 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

**E-mail: [minchong.kim.ln@army.mil](mailto:minchong.kim.ln@army.mil)**

