



LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

Contact us at:
Life Center
(520) 562-7940

MARCH CLASS SCHEDULE

Hu Hu Kam Memorial Hospital

Mondays

Weight Loss **12:00 pm - 1:00 pm**

Wednesdays

Emotional Support for Healthy Living **1:00 pm - 2:00 pm**

Weight Loss **4:00 pm - 5:00 pm**

Hau'pal (Red Tail Hawk) Health Center

Mondays

Prevention and Healthy Lifestyle **3:30 pm - 4:30 pm**

Thursdays

Weight Loss **3:00 pm - 4:00 pm**

Komatke Health Center

Tuesdays (2nd Tuesdays of the month)

Emotional Support for Healthy Living **12:00 pm - 1:00 pm**

Thursdays

Weight Loss **11:00 am - 12:00 pm**

Fitness Center Hours

Hu Hu Kam Memorial Hospital

Monday - Friday **6:00 am - 7:00 pm**

Saturdays **6:00 am - 6:00 pm**

Hau'pal (Red Tail Hawk) Health Center

Monday - Friday **7:00 am - 6:00 pm**

Komatke Health Center

Monday - Friday **8:00 am - 6:00 pm**

Virtual Classes Available!

Mon. and Weds.

Weight Loss
4:00 pm - 5:00 pm

Weds.

Healthy Living Basics
4:00 pm - 5:00 pm

Tues.

Weight Loss
11:00 am - 12:00 pm

Weight Loss
4:00 pm - 5:00 pm