

UPDATE

24/7 Fitness orientations are held at Fort Shafter, Martinez, and TAMC Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the **October** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center, Martinez Physical Fitness Center, & Tripler Army Medical Center Physical Fitness Center

OCTOBER 2024

ORIENTATION SCHEDULE

Orientations are available on a walk-in basis daily after 8:00 a.m.

A Statement of Understanding will be completed and signed to register for access.

E-4 & below will require Commander signature • All dependents of AD Soldiers will require AD signature

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	4	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
6	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	11	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
13	14	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	18	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
20	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	25	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
27	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	31	U.S. ARMY SFA SPORTS • FITNESS • AQUATICS



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