

UPDATE



24/7 Fitness orientations are held at Lee Health & Fitness Center, Martinez, and TAMC Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the **August** schedule below.

24/7 FITNESS ORIENTATION

Lee Health & Fitness Center, Martinez Physical Fitness Center, and Tripler Army Medical Center Physical Fitness Center

AUGUST 2026

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

For more information, call (808) 787-0721.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	Martinez PFC 9:30 a.m. 1
2	Lee HFC 6 p.m. 3	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 4	Lee HFC 6 p.m. 5	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 6	7	Martinez PFC 9:30 a.m. 8
9	Lee HFC 6 p.m. 10	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 11	Lee HFC 6 p.m. 12	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 13	14	Martinez PFC 9:30 a.m. 15
16	Lee HFC 6 p.m. 17	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 18	Lee HFC 6 p.m. 19	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 20	21	Martinez PFC 9:30 a.m. 22
23	Lee HFC 6 p.m. 24	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 25	Lee HFC 6 p.m. 26	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 27	28	Martinez PFC 9:30 a.m. 29
30	Lee HFC 6 p.m. 31	1	2	3	4	6



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