

UPDATE



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

24/7 FITNESS ORIENTATION

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

NOVEMBER 2026

ORIENTATION SCHEDULE

- 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
1	HMR PFC 6 p.m. Lee HFC PFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	HMR PFC 6 p.m. Lee HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	6	Martinez PFC 9:30 a.m.
8	HMR PFC 6 p.m. Lee HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	**** HAPPY VETERANS DAY HONORING ALL WHO SERVED	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	13	Martinez PFC 9:30 a.m.
15	HMR PFC 6 p.m. Lee HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	HMR PFC 6 p.m. Lee HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	20	Martinez PFC 9:30 a.m.
22	HMR PFC 6 p.m. Lee HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	HMR PFC 6 p.m. Lee HFC 6 p.m.	HAPPY GIVING THANKS	27	Martinez PFC 9:30 a.m.
29	HMR PFC 6 p.m. Lee HFC 6 p.m.	1	2	3	4	5



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