

UPDATE

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

24/7 FITNESS ORIENTATION

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

MARCH 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
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
1	2	3	4	5	6	7
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
8	9	10	11	12	13	14
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
15	16	17	18	19	20	21
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
22	23	24	25	26	27	28
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.				
29	30	31	1	2	3	4