

# Brussels FMWR June 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
100K Running Challenge @Fitness	CYS Spring Soccer Season Tuesdays & Thursday 6PM@BAS Field	Summer Reading Program June 12 - August 13 Summer Reading Program Brussels Comic Strip June 11 - September 1		1 Dressing for Success Improving Your Sleep 10AM Name It To Tame It/ Exploring Emotions 1PM@ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness Makerspace 11AM Book Club 11:30AM @Library BOSS Installation Meeting 3PM@Garrison HQ	2 Core and Hit 9:15AM @Fitness First Friday Fun 4PM @3 Star	3 School Graduation
4	5 <b>CYS Fall Sports Registration Begins</b> Functional Fitness 9:15AM @Fitness Center	6 Permanent Change of Station 9AM @ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness	7 <b>Last Day of School</b> Sponsorship Training/ Employment Networking/ Self-Marketing/Online Resources 9:30AM @ACS Functional Fitness 9:15AM Barbell Class 4PM@Fitness Build with Bricks 11AM @Library	8 Community&Host Nation Orientation 9AM@ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness Puzzlepalooza 11AM @Library	9 Brussels By Train 9AM@ACS Core and Hit 9:15AM @Fitness PAC Meeting & Family Game Night 5PM @CYS Karaoke Night 6PM@3 Star	10
11 Summer Reading Kickoff with SHAPE Band 11AM Find your Voice 3PM @Library	12 <b>CYS Summer Camp Begins</b> Functional Fitness 9:15AM @Fitness Center <small>U.S. Army Birthday W.O.D. Week</small>	13 Vesting in the TSP 9AM Job Search & Beginning Resume 10AM@ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness <small>U.S. Army Birthday W.O.D. Week</small>	14 <b>U.S. Army Birthday</b> Spouse Sponsorship Training 9AM Ten Steps to a Federal Job 9:30AM EPC Info Brief 11AM@ACS Puzzlepalooza 11AM@Library Barbell Class 4PM@Fitness <small>U.S. Army Birthday W.O.D. Week</small>	15 Pump It Up 10:30AM Yoga 12:30PM @Fitness Makerspace 11AM @Library BOSS Installation Meeting 3PM@Garrison HQ <small>U.S. Army Birthday W.O.D. Week</small>	16 Core and Hit 9:15AM @Fitness <small>U.S. Army Birthday W.O.D. Week</small>	17 <b>Library Closed</b>
18 <b>Library Closed</b> Father's Day BBQ 5PM@3Star	19 <b>Juneteenth</b> <b>Library Closed</b> <b>CYS Closed</b> Functional Fitness 9:15AM @Fitness Center	20 Continuation Pay 9AM Stress Mngmnt-Mediation/ Editing Resume 10AM@ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness <small>Library Summer Hours Begin (Mon-Fri 11AM-6PM)</small>	21 Functional Fitness 9:15AM Barbell Class 4PM@Fitness StoryTime & Crafternoon 2:30PM @Library	22 Pump It Up 10:30AM Yoga 12:30PM @Fitness Build with Bricks 11AM @Library	23 Core and Hit 9:15AM @Fitness City Madness 9AM @ACS	24 500 Hidden Secrets of Brussels 10:30AM @Library
25	26 Functional Fitness 9:15AM @Fitness Center	27 Financial Readiness-Promotion 9AM@ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness Facebook Live 10:30AM Ted Talks Tuesday 12PM @ Library	28 Functional Fitness 9:15AM Barbell Class 4PM@Fitness Find Your Voice 2:30PM @Library	29 Pump It Up 10:30AM Yoga 12:30PM @Fitness	30 Core and Hit 9:15AM @Fitness Movie Night 6PM @3 Star	

For more information, visit: [brussels.armymwr.com](https://brussels.armymwr.com)

DATES ARE SUBJECT TO CHANGE

