



Brussels FMWR May 2024

National Physical Fitness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31HardChallenge @Fitness Center			1 Belgium Labor Day 9AM Employment Networking /Self-Marketing/ Online Resources (V) @ACS 3:30PM StoryTime&Crafternoon Mother's Day Theme @Library	2 10AM Dressing for Success, Interviewing, Offer/Negotiation (V) @ACS 11:30AM Adult Book Club @Library 3PM BOSS Installation Meeting @HQ ACS 4PM Barbell Class @Fitness	3 9:15AM HIIT @Fitness	4
5 11AM Family Game Day @Library	6 9:15AM Functional Fitness @Fitness 11AM Yom Hashoah/ Holocaust Remembrance Day @Library	7 9AM Sponsorship Training (V) @ACS 4PM Barbell Class @Fitness	8 9:15AM Functional Fitness @Fitness 11AM EPC (V) @ACS 11AM Makerspace@Library 3:30PM The Library Awakens @Library	9 Ascension Day 11AM Puzzpalooza @Library 4PM Barbell Class @Fitness	10 Military Spouse Appreciation Day Eifel Park Hiking @BOSS 9AM City Madness (P) @ACS 4PM Hail& Farewell Night @3Star 6:30PM Parents Night Out @CYS	11 10AM Mother's Day Brunch @3Star Recreation Center
12 11AM Build It with Bricks @Library	13 9:15AM Functional Fitness @Fitness	14 10AM Spouse Sponsorship Training (V) @ACS 4PM Barbell Class @Fitness	15 9AM Community & HN Orientation (P) @ACS 9:15AM Functional Fitness @Fitness 11AM Puzzpalooza @Library	16 11AM Build It with Bricks @Library 3PM BOSS Installation Meeting @HQ ACS 4PM Barbell Class @Fitness	17 9AM Soldier & Family Readiness Group Training (MDSSO) (P) @ACS	18
19 1PM Sunday Story Time @Library 1:30PM Crafternoon @Library	20 Whit Monday/ Pentecost	21 4PM Barbell Class @Fitness	22 9:15AM Functional Fitness @Fitness 10AM The Stars are Lined Up for Military Spouses (V) @ACS 11AM Build It with Bricks @Library	23 11AM Makerspace@Library 4PM Barbell Class @Fitness	24 9:15AM HIIT @Fitness	25 Library CLOSED
26 11AM Smorgasbord of Fun @Library 2PM Family Movie Afternoon @Library	27 Memorial Day CLOSURES ACS CYS Library 3Star Fitness Center (24/7)	28 12PM TedTalks Tuesdays BYOL @Library 4PM Barbell Class @Fitness	29 9:15AM Functional Fitness @Fitness 11AM Makerspace@Library 12PM Mommy/Daddy 101 @Library	30 11AM Build It with Bricks @Library 4PM Barbell Class @Fitness	31 9:15AM HIIT @Fitness 6PM Trivia Night @3Star 6PM Art Attack @3Star Recreation Center	



For more information, visit: brussels.armymwr.com

DATES ARE SUBJECT TO CHANGE

