

JUNE TEENTH

Brussels FMWR June 2022

PTSD
AWARENESS
MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Workout Wednesdays Functional Fitness 8:45AM @Fitness Center	2 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center	3 Core and Hit 8:45AM @Fitness Center First Friday Fun 6PM @3 Star	4 Brussels American School Graduation 2PM @Athletic Field
5 Whit Sunday	6 Whit Monday	7 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center Book Club 11:30AM @Library DoDEA-Brussels-Last day of school	8 Workout Wednesdays Functional Fitness 8:45AM @Fitness Center CYS Teen Babysitting Class 8AM @CYS DoDEA-Brussels-No School	9 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center CYS Teen Babysitting Class 8AM @CYS	10 Core and Hit 8:45AM @Fitness Center Karaoke Night 6PM@3 Star	11
12	13 Functional Fitness 9:15AM @Fitness Center Summer Reading Program June 13 - August 14 @Library	14 Flag Day Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center U.S. Army Birthday (1775)	15 Workout Wednesdays Functional Fitness 8:45AM @Fitness Center Parent Advisory Committee 5PM @CYS	16 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center	17 Training Holiday Core and Hit 8:45AM @Fitness Center Cooking Class 6PM @3 Star	18
19 Juneteenth Father's Day Father's Day BBQ 5PM @3 Star	20 Juneteenth Observance CYS Closed	21 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center	22 Workout Wednesdays Functional Fitness 8:45AM @Fitness Center	23 MWR facilities closed in support of Chievres Air Fest	24 Chievres Air Fest MWR facilities closed in support of Chievres Air Fest	25 Chievres Air Fest MWR facilities closed in support of Chievres Air Fest
26 MWR facilities closed in support of Chievres Air Fest	27 CYS Fall Sports Registration begins MWR facilities closed in support of Chievres Air Fest	28 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center Facebook Live 10:30AM @Library	29 Workout Wednesdays Functional Fitness 8:45AM @Fitness Center	30 Tabata & Cardio Circuits 8:45AM Pump It Up 11AM Yoga 11:30AM @Fitness Center		

For more information, visit: brussels.armymwr.com

DATES ARE SUBJECT TO CHANGE

