



Brussels FMWR May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 IMCOM Europe Cycling Challenge May 1 - September 9	2 Functional Fitness 9:15AM @Fitness Center	3 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center *Strong B.A.N.D.S. Event	4 Workout Wednesdays *Functional Fitness 9:15AM @Fitness Center *Strong B.A.N.D.S. Event	5 Cinco de Mayo *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center *Strong B.A.N.D.S. Event	6 *Core and Hit 9:15AM @Fitness Center Cinco de Mayo Celebration Latin Dance Party 6PM@3 Star *Strong B.A.N.D.S. Event	7 Parent's Day Out 10AM @CYS
8 Mother's Day Brunch 10AM @3 Star Puzzlepalooza 12PM @Library	9 Functional Fitness 9:15AM @Fitness Center	10 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center *Strong B.A.N.D.S. Event	11 Workout Wednesdays *Functional Fitness 9:15AM @Fitness Center *Strong B.A.N.D.S. Event	12 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center Puzzlepalooza 12PM @Library *Strong B.A.N.D.S. Event	13 *Core and Hit 9:15AM @Fitness Center Karaoke Night 6PM@3 Star CYS Open House 5:30PM @CYS *Strong B.A.N.D.S. Event	14
15	16 Functional Fitness 9:15AM @Fitness Center	17 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center *Strong B.A.N.D.S. Event	18 Workout Wednesdays *Functional Fitness 9:15AM @Fitness Center *Strong B.A.N.D.S. Event	19 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center *Strong B.A.N.D.S. Event	20 *Core and Hit 9:15AM @Fitness Center Brussels MST Fright Night 6PM *Strong B.A.N.D.S. Event	21
22 Puzzlepalooza 12PM @Library	23 Functional Fitness 9:15AM @Fitness Center	24 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center *Strong B.A.N.D.S. Event	25 Workout Wednesdays *Functional Fitness 9:15AM @Fitness Center *Strong B.A.N.D.S. Event	26 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center Puzzlepalooza 12PM @Library *Strong B.A.N.D.S. Event	27 Training Holiday *Core and Hit 9:15AM @Fitness Center Trivia Night 6PM@3 Star CYS Closed DoDEA-Brussels Out of School Day *Strong B.A.N.D.S. Event	28
29	30 Memorial Day Functional Fitness 9:15AM @Fitness Center DoDEA-Brussels Out of School Day	31 *Tabata & Cardio Circuits 8:45AM *Body Pump 11AM *Yoga 11:30AM @Fitness Center DoDEA-Brussels Out of School Day *Strong B.A.N.D.S. Event				



For more information, visit: brussels.armymwr.com

DATES ARE SUBJECT TO CHANGE

