

Brussels FMWR January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Winter Reading Book Bingo December - February @Library Winter Basketball Season January @CYS 10,000 Kettlebell Swings January @Fitness	1 New Years Day CLOSURES 3 Star ACS CYS Fitness Center (24/7) Library	2 *	3 Employment Assistance(V) Sponsorship Training(V) 9AM @ACS StoryTime 3:30PM Crafternoon 4PM @Library	4 Dressing For Success(V) 10AM @ACS Makerspace 11AM Adult Book Club 11:30AM @Library Barbell Class 4PM @Fitness BOSS Installation Meeting 3PM@HQ	5 HIIT 9:15AM @Fitness	
7 Family Game Day 11AM @Library	8 Functional Fitness 9:15AM @Fitness	9 Resolution Fitness 11AM Barbell Class 4PM @Fitness	10 Spouse Sponsorship Training(V) 9AM EPC Informational Brief(V) 11AM @ACS Functional Fitness 9:15AM Makerspace 11AM @Library	1.1 Community & Host Nation Orientation 9AM@ACS Build with Bricks 11AM @Library Resolution Fitness 11AM Barbell Class 4PM @Fitness	12 NO SCHOOL DAY CYS OPEN 7AM-6PM HIIT 9:15AM@Fitness Hail & Farewell Night 4PM @3 Star	13
14	15 Martin Luther King Day CLOSURES 3 Star ACS CYS Fitness Center (24/7) Library	16 Resolution Fitness 11AM Warrior's Resolve 24: The Blueprint 11AM Barbell Class 4PM @Fitness	17 The Stars are Lined Up for Military Spouses(V) 10AM @ACS Functional Fitness 9:15AM Alice In Wonderland Tea Party 3:30PM @Library	18 CDC Take 5 @CYS Resolution Fitness 11AM Barbell Class 4PM @Fitness Makerspace 11AM @Library BOSS Installation Meeting 3PM@HQ	19 City Madness(P) 9 AM @ACS Soldier & Family Readiness Group Training 9 AM@ACS HIIT 9:15AM @Fitness	20
21 Sunday StoryTime 1PM Crafternoon 1:30PM @Library	Functional Fitness 9:15AM @Fitness	Resolution Fitness 11AM Warrior's Resolve 24: The Blueprint 11AM Barbell Class 4PM @Fitness	24 Marriage Workshop 10AM @ACS Functional Fitness 9:15AM Build with Bricks 11AM @Library Youth Sponsorship Workshop 3:30PM @CYS	25 Resolution Fitness 11AM Barbell Class 4PM @Fitness Puzzlepalooza 11AM @Library	26 HIIT 9:15AM @Fitness NCO Appreciation Taco Buffet 5PM@3Star Library and 3 Star Trivia Night 6PM @3 Star	27
28 Smorgasbord of Fun 11AM Family Movie Time 2PM @Library	Functional Fitness 9:15AM @Fitness	30 Ted Talks Tuesdays BYOL 12PM @Library Resolution Fitness 11AM Warrior's Resolve 24: The Blueprint 11AM	31 Functional Fitness 9:15AM Makerspace 11AM @Library	*	Pre-registra En usarmy.benelux.id-euro	CS Events, tion required. nail: pe.mbx.dhr-acs@army.mil (P) In-Person

For more information, visit: brussels.armymwr.com

Barbell Class 4PM

