



Chievres FMWR May 2022

MAY IS
**MENTAL
HEALTH**
AWARENESS MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 IMCOM Europe Cycling Challenge May 1 - September 9 Functional Fitness 1PM @Fitness Center Belgium - Labor Day Observed	2 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library CYS Closed DoDEA-SHAPE-Out of School	3 TRX 10AM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library	4 WOD Wednesday Challenges Mama Fit 9:30AM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library	5 Cinco de Mayo Circuits and Cycling 10AM Soldier Rec Night 4PM @Fitness Center	6 German Storytime 10:15AM @SHAPE Library	7 Parent's Day Out 10AM @CYS
8 Mother's Day Functional Fitness 1PM @Fitness Center	9 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library	10 TRX 10AM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library	11 WOD Wednesday Challenges Mama Fit 9:30AM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library	12 Circuits and Cycling 10AM Soldier Rec Night 4PM @Fitness Center	13 German Storytime 10:15AM @SHAPE Library CYS Open House 6:30PM @CYS	14
15 Functional Fitness 1PM @Fitness Center	16 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library	17 TRX 10AM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library	18 WOD Wednesday Challenges Mama Fit 9:30AM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library	19 Circuits and Cycling 10AM Soldier Rec Night 4PM @Fitness Center	20 German Storytime 10:15AM @SHAPE Library	21
22 *Functional Fitness 1PM @Fitness Center *Strong B.A.N.D.S. Event	23 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library *Organized Unit PT 4PM @Fitness Center *Strong B.A.N.D.S. Event	24 *TRX 10AM & 5PM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library *Strong B.A.N.D.S. Event	25 WOD Wednesday Challenges *Mama Fit 9:30AM *Yoga 11:30AM *Muscle Conditioning 5PM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library *Strong B.A.N.D.S. Event	26 Belgium - Ascension Day *Circuits and Cycling 10AM & 5PM Soldier Rec Night 4PM @Fitness Center *Strong B.A.N.D.S. Event CYS Closed DoDEA-SHAPE-Out of School	27 Training Holiday German Storytime 10:15AM @SHAPE Library	28 *Half/ Full MURPH @Fitness Center *Strong B.A.N.D.S. Event
29 Functional Fitness 1PM @Fitness Center	30 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library U.S. - Memorial Day	31 TRX 10AM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library				



For more information, visit: chievres.armymwr.com

DATES ARE SUBJECT TO CHANGE

