



SEPTEMBER IS
NATIONAL
SUICIDE PREVENTION
AWARENESS MONTH

Chievres FMWR September 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|---|
| | | | | 1 Power Hour 10AM Brazilian Jiu Jitsu 6PM @Fitness Center Lanakila's Polynesian Performance 5PM @CAC Lawn | 2 Training Holiday German Storytime 10:15AM @SHAPE Library | 3 Brazilian Jiu Jitsu 11AM @Fitness Center |
| 4 Functional Fitness 1PM @Fitness Center | 5 Labor Day French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library | 6 TR-Xpress 10AM Brazilian Jiu Jitsu 6PM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library | 7 WOD Wednesday Challenges Mama Fit 9:30AM Yoga 11:30AM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library | 8 Power Hour 10AM Brazilian Jiu Jitsu 6PM @Fitness Center | 9 German Storytime 10:15AM @SHAPE Library | 10 9/11 We Remember Memorial Ceremony & Patriot's 3/5k Walk/Run 9AM @HQ Bldg *Walk/Run will start after ceremony ends |
| 11 Functional Fitness 1PM @Fitness Center | 12 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library | 13 TR-Xpress 10AM Brazilian Jiu Jitsu 6PM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library | 14 WOD Wednesday Challenges Mama Fit 9:30AM Yoga 11:30AM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library | 15 Power Hour 10AM Brazilian Jiu Jitsu 6PM @Fitness Center Parent Advisory Committee 5PM @CYS | 16 German Storytime 10:15AM @SHAPE Library Fun For Families 5:30PM @CAC | 17 Brazilian Jiu Jitsu 11AM @Fitness Center |
| 18 Functional Fitness 1PM @Fitness Center | 19 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library | 20 TR-Xpress 10AM Brazilian Jiu Jitsu 6PM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library | 21 WOD Wednesday Challenges Mama Fit 9:30AM Yoga 11:30AM Soldier Rec Night 4PM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library | 22 Power Hour 10AM Brazilian Jiu Jitsu 6PM @Fitness Center | 23 German Storytime 10:15AM @SHAPE Library Parents Night Out 6:30PM @CYS | 24 Brazilian Jiu Jitsu 11AM @Fitness Center |
| 25 Functional Fitness 1PM @Fitness Center | 26 French Toddler Storytime 10:15AM French Preschool Storytime 4:15PM @SHAPE Library | 27 TR-Xpress 10AM Brazilian Jiu Jitsu 6PM @Fitness Center English Toddler Storytime 10:15AM English Preschool Storytime 4:15PM @SHAPE Library | 28 WOD Wednesday Challenges Mama Fit 9:30AM Yoga 11:30AM @Fitness Center Storytime 10:30AM Book Club 1PM @Chievres Library Infant Lapsit Storytime 9:30AM @SHAPE Library | 29 Power Hour 10AM Brazilian Jiu Jitsu 6PM @Fitness Center | 30 German Storytime 10:15AM @SHAPE Library Family Movie Night 6PM @CYS | |

For more information, visit: chievres.armymwr.com

DATES ARE SUBJECT TO CHANGE

