



Chievres FMWR May 2024

National Physical
Fitness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Belgium LaborDay 9AM Employment Networking/Self-Marketing/Online Resources (V) @ACS 9:30AM Pilates @Fitness 10:30AM Storytime @Library	2 6:30AM Functional Fitness (WOD) @Fitness 9:30AM HITT @Fitness 10AM Dressing for Success, Interviewing, Offer/Negotiation (V) @ACS 3PM BOSS Installation Meeting @HQ ACS	3 9:30AM Boxing@Fitness 10AM Playgroup @Playground 10:30AM Spouse & Community Gathering @ACS PX	4
5	6 9:30AM Pilates @Fitness 5:15PM ACFT Bootcamp @Fitness	7 9:30AM HITT @Fitness 5:15PM Boxing@Fitness	8 10:30AM Storytime @Library 11AM EPC (V) @ACS 5:15PM ACFT Bootcamp @Fitness	9 Ascension Day 9:30AM HITT @Fitness	10 Military Spouse Appreciation Day 9:30AM Boxing@Fitness Eifel Park Hiking @BOSS	11
12	13 5:15PM ACFT Bootcamp @Fitness	14 6:30AM Functional Fitness (WOD) @Fitness 9:30AM HITT @Fitness 5:15PM Boxing@Fitness	15 9:30AM Pilates @Fitness 10:30AM Storytime @Library 5:15PM ACFT Bootcamp @Fitness	16 6:30AM Functional Fitness (WOD) @Fitness 9:30AM HITT @Fitness 3PM BOSS Installation Meeting @HQ ACS 4:45 Women's Self Defense Free Class @Fitness	17 9AM Soldier & Family Readiness Group Training (MDSO) (P) @ACS 9:30AM Boxing@Fitness 10AM Playgroup @Playground 10:30AM Spouse & Community Gathering @ACS Lodge	18 9AM Murph Memorial Day WOD @SHAPE Fitness
19	20 Whit Monday/ Pentecost 9:30AM Pilates @Fitness 5:15PM ACFT Bootcamp @Fitness	21 9:30AM HITT @Fitness 5:15PM Boxing@Fitness	22 9:30AM Pilates@Fitness 10AM The Stars are Lined Up for Military Spouses (V) @ACS 10:30AM Storytime @Library 5:15PM ACFT Bootcamp @Fitness	23 9:30AM HITT @Fitness	24 9:30AM Boxing@Fitness 10AM Playgroup @Playground	25
26	27 Memorial Day CLOSURES ACS CYS Library Auto Skills/ODR Rec Fitness Center (24/7) BeneBrew Kennel 10AM-1PM	28 6:30AM Functional Fitness (WOD) @Fitness 9:30AM HITT @Fitness 5:15PM Boxing@Fitness	29 9:30AM Pilates @Fitness 10:30AM Storytime @Library 5:15PM ACFT Bootcamp @Fitness	30 6:30AM Functional Fitness (WOD) @Fitness 9:30AM HITT @Fitness	31 9:30AM Boxing@Fitness Spring Bazaar 31MAY-2JUN @CAC 4PM Karaoke Night @BeneBrew	Spring Bazaar Friday 1-7PM Saturday 10AM-6PM Sunday 10AM-5PM



For more information, visit: chievres.armymwr.com

DATES ARE SUBJECT TO CHANGE

