



Brunssum FMWR May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 STRONG B.A.N.D.S. May 1 - June 2 IMCOM Europe Cycling Challenge May 1 - September 9	2	3 Hatha & Mindfulness 10AM @The HUB	4 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	5 Netherlands - Liberation Day Cinco de Mayo Meditation and Mindfulness 10AM *Board Game Night 4PM @The HUB *Strong B.A.N.D.S. Event CYS Closed	6 Momma Fit 9:30AM Power Flow 12PM @The HUB	7 CYS Mother's Day Out 10AM @CYS
8 Mother's Day	9	10 Hatha & Mindfulness 10AM @The HUB	11 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	12 Meditation and Mindfulness 10AM @The HUB	13 Momma Fit 9:30AM Power Flow 12PM @The HUB CYS Open House 5:30PM @CYS	14 *Star Wars Marathon 11AM @The HUB *Strong B.A.N.D.S. Event
15	16	17 Hatha & Mindfulness 10AM @The HUB	18 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	19 Meditation and Mindfulness 10AM *Board Game Night 4PM @The HUB	20 Momma Fit 9:30AM Power Flow 12PM @The HUB	21
22	23	24 Hatha & Mindfulness 10AM @The HUB	25 Hump Day HIIT 12PM Pound It Out 4PM *Learning Breathwork 5PM @The HUB *Strong B.A.N.D.S. Event	26 Meditation and Mindfulness 10AM Welcome to Summer BBQ 3PM @The HUB CYS Closed Netherlands - Ascension Day DoDEA-Brunssum-Out of School Day	27 Training Holiday Momma Fit 9:30AM Power Flow 12PM @The HUB MST Late Night @CYS	28 Day Trip to Floriade Expo 7AM @The HUB
29	30 U.S. Memorial Day	31 Hatha & Mindfulness 10AM @The HUB				



For more information, visit: brunssum.armymwr.com

DATES ARE SUBJECT TO CHANGE

