

JUNE Brunssum FMWR TEENTH June 2022

PTSD
AWARENESS
MONTH



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--|--|---|--|---|--|
| | | | 1 Hump Day HIIT 12PM Pound It Out 4PM @The HUB | 2 Meditation and Mindfulness 10AM @The HUB | 3 Momma Fit 9:30AM Power Flow 12PM @The HUB | 4 Day Trip to Disneyland Paris 4:30AM @The HUB |
| 5 Whit Sunday | 6 Whit Monday CYS Closed <small>DoDEA-Brunssum-Out of School Day</small> | 7 Hatha & Mindfulness 10AM @The HUB | 8 Hump Day HIIT 12PM Pound It Out 4PM @The HUB | 9 | 10 Momma Fit 9:30AM Power Flow 12PM @The HUB | 11 Royal Tea Party 10AM @The Hub |
| 12 | 13 | 14 Flag Day Hatha & Mindfulness 10AM @The HUB <small>U.S. Army Birthday (1775)</small> | 15 Hump Day HIIT 12PM Pound It Out 4PM Feng Shui & Vastu 5PM @The HUB | 16 Parent Advisory Board 12PM @CYS <small>DoDEA-Brunssum-Last Day of School</small> | 17 Training Holiday Dutch Day Trip 6:30AM Momma Fit 9:30AM @The HUB <small>DoDEA-Brunssum-Last Day of School</small> | 18 |
| 19 Juneteenth Father's Day | 20 Juneteenth Observance Training Holiday CYS Closed | 21 CYS Summer Camp Begins | 22 Hump Day HIIT 12PM Pound It Out 4PM @The HUB | 23 | 24 Chievres Air Fest Momma Fit 9:30AM @The HUB | 25 Chievres Air Fest |
| 26 | 27 CYS Summer Camp Week 2 | 28 | 29 Hump Day HIIT 12PM Pound It Out 4PM @The HUB | 30 | | |

For more information, visit: brunssum.armymwr.com

DATES ARE SUBJECT TO CHANGE

