

Chievres FMWR September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Preparedness Month	***For ACS Events, Pre-registration required. Email: usarmy.benelux.id-europe.mbx.dhr-acs@army.mil (V) Virtual (P) In-Person				1 Spouse & Community Gathering(P) 10:30@PX(ACS) OPOC/VMIS Training 2PM @ACS	2
3	4 Labor Day	5 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting Upper 5PM @Fitness Muticultural Session(P) 9AM Community & Host Nation Orientation(P) 10AM @ACS	6 Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness Mons Tour(P) 9:30AM @ACS Storytime 10:30AM Book Club 1PM @Chievres Library	7 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting- Lower 5PM @Fitness Spouse Newcomers Orientation(V) 9AM Hearts Apart(P) 12PM Improving Your Sleep 1PM @ACS BOSS Installation Meeting 3PM@HQ	8 OPOC/VMIS Training 2PM @ACS	9 Family Fit 9:30AM Functional Fitness 10:30AM @Fitness
10	11 9/11 Tribute W.O.D 7AM Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness	12 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting Upper 5PM @Fitness	13 Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness Storytime 10:30AM Book Club 1PM @Chievres Library EPC Informational Brief 11AM @ACS	14 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting- Lower 5PM @Fitness	15 Chievres Air Base Fest Route 56 4-10PM Coffee & Conversation /w 1SGT(P) 9AM OPOC/VMIS Training 2PM @ACS	16 Chievres Air Base Fest Route 56 11AM-10PM Route 56 Car Show 11AM - 8PM AFE Tour- American Authors 8PM @Chievres Air Base
17	18 Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness	19 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting Upper 5PM @Fitness Stress Management 11AM @ACS	20 Spouse Sponsorship Training(V) Sponsorship Training(V) 9&10:30AM @ACS Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness Storytime 10:30AM Book Club 1PM @Chievres Library	21 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting- Lower 5PM @Fitness BOSS Installation Meeting 3PM@HQ	22 Coffee & Conversation /w the Commander(P) 9AM Spouse & Community Gathering(P) 10:30AM @Lodge OPOC/VMIS Training 2PM @ACS	23
24 Gold Star Mother's and Family Day	25 Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness	26 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting Upper 5PM @Fitness	27 Pilates 9:30AM Core & Stretch Express 12PM ACFT Bootcamp 5PM @Fitness Storytime 10:30AM Book Club 1PM @Chievres Library	28 Functional Fitness 6:30AM Mobility 7:40AM HITT 9:30AM Weight Lifting- Lower 5PM @Fitness Hail & Farewell Night 4PM @Bene Brew	29 OPOC/VMIS Training 2PM @ACS Healthy Shopping Commissary Tour 12PM @Commissary (Fitness)	30

For more information, visit: chievres.armymwr.com

DATES ARE SUBJECT TO CHANGE

