

November, 2017

Site Coordinators:

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Name | Phone Number | Email

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1		2	3	4
			1000- Gentle Yoga- Bldg 17	0900- Jiu-Jits- Ascent Institute of Martial Arts	0900-Sit Volleyball		
			1030- Strength Training Class- Istep Rockville, MD	1300- Wheelchair Basketball- Bldg 17	1000- Wheelchair Basketball- Bldg 17		
			1300- Warrior Yoga	1700- Cycling- Bldg 226	1000- Gentle Yoga- Bldg 17		
			1700- Cycling- Bldg 226	1800- Kayaking- Bldg 17	1300- Cycling- Bldg 226		
					1400- Open Art- USO		
5	6	7	8	9	10	11	
1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17		0930- Open Art- USO 1000- Air Rifle- Ft. Belvoir	1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17	0930- Open Art- USO 1030- Hopps for Troops	Veterans Day		
1300- Swimming- Bldg 17 1300- Cycling- Bldg 226 1330- Archery- Ft. Belvoir 1700- Cycling- Bldg 226		1300- Cycling- Bldg 226 1700- Kayaking- Bldg 17 1700- Cycling- Bldg 226	1030- Strength Training Class- Istep Rockville, MD 1300- Warrior Yoga	1700- Cycling- Bldg 226 1800- Kayaking- Bldg 17			
12	13	7	15	16	17	18	
	Training Day	0930- Open Art- USO 1000- Air Rifle- Ft. Belvoir	1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17	0900- Jiu-Jits- Ascent Institute of Martial Arts 0930- Open Art- USO	Warrior Care Cup-All Day		
		1300- Cycling- Bldg 226 1700- Kayaking- Bldg 17 1700- Cycling- Bldg 226	1300- Warrior Yoga 1700- Cycling- Bldg 226	1200- Bible Study 1700- Cycling- Bldg 226 1800- Kayaking- Bldg 17			
19	20	21	22	23	24	25	
1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17 1300- Swimming- Bldg 17 1300- Cycling- Bldg 226 1330- Archery- Ft. Belvoir 1700- Cycling- Bldg 226		0930- Open Art- USO 1000- Air Rifle- Ft. Belvoir	1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17 1300- Warrior Yoga 1700- Cycling- Bldg 226	Thanksgiving	0900-Sit Volleyball 1000- Wheelchair Basketball- Bldg 17 1000- Gentle Yoga- Bldg 17 1300- Cycling- Bldg 226 1400- Open Art- USO		
		1300- Cycling- Bldg 226 1700-Kayaking- Bldg 17 1700- Cycling- Bldg 226					
	20	28	29	30			
	1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17 1300- Swimming- Bldg 17	0930- Open Art- USO 1000- Air Rifle- Ft. Belvoir	1000- Gentle Yoga- Bldg 17 1000- Wheelchair Basketball- Bldg 17 1300- Warrior Yoga	0900- Jiu-Jits- Ascent Institute of Martial Arts 0930- Open Art- USO			
	1300- Cycling- Bldg 226	1300- Cycling- Bldg 226	1700- Cycling- Bldg 226	1200- Bible Study 1300- Wheelchair Basketball- Bldg 17			
	1330- Archery- Ft. Belvoir 1700- Cycling- Bldg 226	1700-Kayaking- Bldg 17 1700- Cycling- Bldg 226		1700- Cycling- Bldg 226 1800- Kayaking- Bldg 17			