



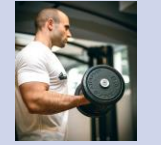



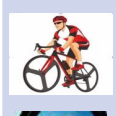

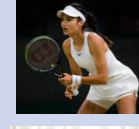












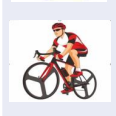
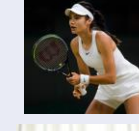










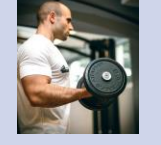


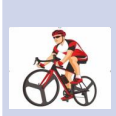




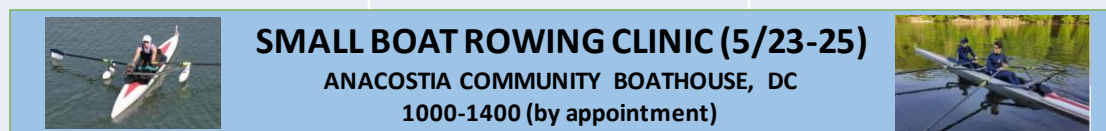




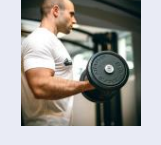


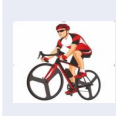

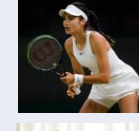






WALTER REED NATIONAL MILITARY MEDICAL CENTER MAY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1	2	3	4	5	6/7
 <p>ROWFIT 1300-1400 Ft. Belvoir</p>  <p>YARD GAMES 1400-1500 Fort Belvoir</p>	 <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>ROWING (ON WATER) 1030-1230 Anacostia Boathouse, DC</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>	 <p>ART CLASS 0900-1000 Walter Reed</p>  <p>RESTORATIVE YOGA 1100-1200 Walter Reed</p>  <p>YARD GAMES 1200-1300 Walter Reed</p>  <p>BADMINTON 1300-1400 Walter Reed</p>  <p>CYCLING 1300-1500 Walter Reed</p>  <p>ARCHERY 1300-1500 Ft. Belvoir</p>	 <p>TENNIS 1000-1200 Rockville, MD</p>  <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>ROWING (ON WATER) 1030-1230 Anacostia Boathouse, DC</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>	 <p>KAYAKING 1000-1200 Riley's Lock, MD</p>  <p>CYCLING 1300-1500 Walter Reed</p>	 <p>SUNDAY ROWING (ON WATER) 1630-1800 Anacostia Boathouse, DC</p>
8	9	10	11	12	13/14
 <p>ROWFIT 1300-1400 Ft. Belvoir</p>  <p>YARD GAMES 1400-1500 Fort Belvoir</p>	 <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>ROWING (ON WATER) 1030-1230 Anacostia Boathouse, DC</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>	 <p>ART CLASS 0900-1000 Walter Reed</p>  <p>RESTORATIVE YOGA 1100-1200 Walter Reed</p>  <p>YARD GAMES 1200-1300 Walter Reed</p>  <p>BADMINTON 1300-1400 Walter Reed</p>  <p>CYCLING 1300-1500 Walter Reed</p>  <p>ARCHERY 1300-1500 Ft. Belvoir</p>	 <p>TENNIS 1000-1200 Rockville, MD</p>  <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>ROWING (ON WATER) 1030-1230 Anacostia Boathouse, DC</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>	 <p>KAYAKING 1000-1200 Riley's Lock, MD</p>  <p>CYCLING 1300-1500 Walter Reed</p>	 <p>SUNDAY ROWING (ON WATER) 1630-1800 Anacostia Boathouse, DC</p>
15	16 17 18			19	20/21
 <p>ROWFIT 1300-1400 Ft. Belvoir</p>  <p>YARD GAMES 1400-1500 Fort Belvoir</p>	 <p>INDOOR ROWING CLINIC (5/16-18) ANACOSTIA COMMUNITY BOATHOUSE, DC 1000-1400 (by appointment)</p>			 <p>KAYAKING 1000-1200 Riley's Lock, MD</p>  <p>CYCLING 1300-1500 Walter Reed</p>	 <p>SUNDAY ROWING (ON WATER) 1630-1800 Anacostia Boathouse, DC</p>
	16	17	18		
	 <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>	 <p>ART CLASS 0900-1000 Walter Reed</p>  <p>RESTORATIVE YOGA 1100-1200 Walter Reed</p>  <p>CYCLING 1300-1500 Walter Reed</p>  <p>ARCHERY 1300-1500 Ft. Belvoir</p>	 <p>TENNIS 1000-1200 Rockville, MD</p>  <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>		
22/29	23/30 24/31 25			26	27/28
 <p>ROWFIT 1300-1400 Ft. Belvoir</p>  <p>YARD GAMES 1400-1500 Fort Belvoir</p>	 <p>SMALL BOAT ROWING CLINIC (5/23-25) ANACOSTIA COMMUNITY BOATHOUSE, DC 1000-1400 (by appointment)</p>			 <p>KAYAKING 1000-1200 Riley's Lock, MD</p>  <p>CYCLING 1300-1500 Walter Reed</p>	 <p>SUNDAY ROWING (ON WATER) 1630-1800 Anacostia Boathouse, DC</p>
	23/30	24/31	25		
	 <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>	 <p>ART CLASS 0900-1000 Walter Reed</p>  <p>RESTORATIVE YOGA 1100-1200 Walter Reed</p>  <p>CYCLING 1300-1500 Walter Reed</p>  <p>ARCHERY 1300-1500 Ft. Belvoir</p>	 <p>TENNIS 1000-1200 Rockville, MD</p>  <p>AIR RIFLE 0900-1030 Centerville, VA</p>  <p>STRENGTH & CONDITIONING 1400-1500 Walter Reed MWR GYM (by appt. only)</p>		