



WALTER REED

NATIONAL MILITARY MEDICAL CENTER

AUGUST 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>1</p> <p> TENNIS 1000-1200 ET Darnestown, MD</p> <p> ROWFIT 1300-1400 ET Fort Belvoir</p> <p> CORNHOLE 1400 ET Fort Belvoir</p>	<p>2</p> <p> ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p> "SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>3</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> WARRIOR YOGA 1100-1200 ET Walter Reed</p> <p> ROWFIT 1230-1330 Walter Reed</p> <p> ARCHERY 1800-2030 ET Ft. Belvoir</p>	<p>4</p> <p> NATURE WALK 1030-1200 ET Walter Reed</p> <p> ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p> "SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>5</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> KAYAKING/ PADDLEBOARD 1000-1200 ET Poolesville, MD</p>	<p>6/7</p>
<p>8</p> <p> TENNIS 1000-1200 ET Darnestown, MD</p> <p> ROWFIT 1300-1400 ET Fort Belvoir</p> <p> CORNHOLE 1400 ET Fort Belvoir</p>	<p>9</p> <p> ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p> "SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>10</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> WARRIOR YOGA 1100-1200 ET Walter Reed</p> <p> ROWFIT 1230-1330 Walter Reed</p>	<p>11</p> <p> ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p> "SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>12</p> <p> WHITE WATER RAFTING 0900-1500 ET Harpers Ferry, WV</p> <p> CYCLING 1000-1200 ET Walter Reed</p>	<p>13/14</p>
<p>15</p> <p> TENNIS 1000-1200 ET Darnestown, MD</p> <p> ROWFIT 1300-1400 ET Fort Belvoir</p> <p> CORNHOLE 1400 ET Fort Belvoir</p>	<p>16</p>	<p>17</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> WARRIOR YOGA 1100-1200 ET Walter Reed</p>	<p>18</p>	<p>19</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> KAYAKING/ PADDLEBOARD 1000-1200 ET Poolesville, MD</p>	<p>20/21</p> <p> ROCK CLIMBING 1630-1830 Sport Rock of Alexandria, VA (SUNDAY)</p>
<p>22</p> <p> TENNIS 1130-1330 ET Darnestown, MD</p> <p> ROWFIT 1300-1400 ET Fort Belvoir</p> <p> CORNHOLE 1400 ET Fort Belvoir</p>	<p>23</p>	<p>24</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> WARRIOR YOGA 1100-1200 ET Walter Reed</p>	<p>25</p> <p> SAILING 1000-1200 ET</p> <p> NATURE WALK 1030-1200 ET Walter Reed</p>	<p>26</p> <p> CYCLING 1000-1200 ET Walter Reed</p> <p> KAYAKING/ PADDLEBOARD 1000-1200 ET Poolesville, MD</p>	<p>27/28</p>

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