






















WALTER REED

NATIONAL MILITARY MEDICAL CENTER



APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>FACEBOOK LINK FOR MEDITATION</p> <p>ZOOM LINK FOR YOGA</p> <p>ZOOM LINK FOR ALL OTHER VIRTUAL SESSIONS</p>		<p>ONLINE ART TUTORIALS</p>  <p>CLICK PICTURE TO GO TO THE YOUTUBE CHANNEL 24 hours/7 days</p>		 <p>1</p> <p>1300 ET ZOOM: 962 1913 7865 pw: 724473 VIRTUAL Caregiver Forum: Elizabeth Dole Foundation "GAME BREAK" TRIVIA & HANG OUT 1500 ET</p>	<p>2</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>	
<p>4</p> <p>OPEN GYM (IN PERSON) 1600-1800 ET ADAPTATION ATHLETICS</p>  <p>4144 S FOUR MILE RUN DR ARLINGTON, VA 22206</p>	<p>5</p> <p>2021 Walter Reed/Ft Belvoir Marine Corps Trials ARCHERY</p>			<p>7</p>  <p>WARRIOR YOGA 1300 ET</p>	<p>8</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p>	<p>9</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>
<p>11</p> <p>OPEN GYM (IN PERSON) 1600-1800 ET ADAPTATION ATHLETICS</p>  <p>4144 S FOUR MILE RUN DR ARLINGTON, VA 22206</p>	<p>12</p> <p>2021 Walter Reed/Ft Belvoir Marine Corps Trials POWERLIFTING & INDOOR ROWING</p>			<p>14</p>  <p>WARRIOR YOGA 1300 ET</p>	<p>15</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p>	<p>16</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>
<p>18</p> <p>OPEN GYM (IN PERSON) 1600-1800 ET ADAPTATION ATHLETICS</p>  <p>4144 S FOUR MILE RUN DR ARLINGTON, VA 22206</p>	<p>19</p> <p>2021 Walter Reed/Ft Belvoir Marine Corps Trials CYCLING</p>			<p>21</p>  <p>WARRIOR YOGA 1300 ET</p>	<p>22</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p>	<p>23</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>
<p>25</p> <p>OPEN GYM (IN PERSON) 1600-1800 ET ADAPTATION ATHLETICS</p>  <p>4144 S FOUR MILE RUN DR ARLINGTON, VA 22206</p>	<p>26</p> <p>2021 Walter Reed/Ft Belvoir Marine Corps Trials TRACK & FIELD</p>			<p>28</p>  <p>WARRIOR YOGA 1300 ET</p>	<p>29</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p>	<p>30</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>

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