




# JULY

## CLASS SCHEDULE

FFSC HOURS OF OPERATION:  
 MON, WEDS - FRI: 0800-1630  
 TUES: 0930-1630

Open to ALL Residents of Guantanamo Bay at No Cost  
 LMS Virtual Class @ [www.mynavyfamily.com](http://www.mynavyfamily.com)

MON	TUE	WED	THU	FRI
1	2	3	4 	5 USAJOBS 2024 2000-2130 LMS
8 Incorporating Mindfulness into Your Workday 1300-1400 LMS	9 Effective Resume Writing 1300-1400	10 Mindfulness & Meditation 1400-1600	11 Federal Employment 0900-1200	12
15	16 	17 Living Core Values 1400-1600	18 Base Tour Registration Required! Call X4141 Sapr 40hr IVAT Class 0800-1630 	19 Sapr 40hr IVAT Class 0800-1630
22 Sapr 40hr IVAT Class 0800-1630 Ombudsman Basic Training Workshop 1500-2000	23 Sapr 40hr IVAT Class 0800-1630 Ombudsman Basic Training Workshop 1500-2000	24 Sapr 40hr IVAT Class 0800-1630 Ombudsman Basic Training Workshop 1500-2000	25 Ombudsman Basic Training Workshop 1500-2000	26 Ombudsman Basic Training Workshop 1500-2000
29	30 Smooth Move Workshop 0900-1200	31 Flexibility 1400-1600	