

AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Massage - LIVE at TLC 10am – 1pm	2 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held. Please note BCN away and will return end of August	3
4	5 Pilates with Sophie via Zoom 9am – 10am	6 Yoga with Ros via Zoom 9:30am – 10:30am	7 Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	8	9 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held. Please note BCN away and will return end of August	10
11	12 Pilates with Sophie via Zoom 9am – 10am Meditation with Monique via Zoom 12noon—1pm	13 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Evening Pilates with Charlotte via Zoom 5pm-6pm	14	15 Massage - LIVE at TLC 10am – 1pm	16 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held. Please note BCN away and will return end of August	17
18	19 Pilates with Sophie via Zoom 9am – 10am Meditation with Monique via Zoom 12noon—1pm	20 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's Support Group via Zoom 1pm – 2:30pm	21 Photography LIVE at TLC 10am – 3pm Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm	22 Pink Sisters Support Group for women under 50 with guest speaker via Zoom 6pm – 8pm	23 Evening Pilates with Charlotte via Zoom 5pm-6pm	24
25	26 Pilates with Sophie via Zoom 9am – 10am Meditation with Monique via Zoom 12noon—1pm	27 Reflexology with Monique via Zoom 11am – 12noon	28 Art Therapy with Carmen via Zoom 10.00am – 11.00am	29 DAY OF INDULGENCE 9.30am – 2.30pm	30 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	31