

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SCHOOL HOLIDAYS	2 SCHOOL HOLIDAYS	3 SCHOOL HOLIDAYS	4 SCHOOL HOLIDAYS	5 SCHOOL HOLIDAYS	6
		<p>Massage LIVE at TLC 10am – 1pm</p> <p>Photography LIVE at TLC 10am – 3pm</p> <p>Yoga with Ros via Zoom 4pm-5pm</p> <p>Aromatherapy via Zoom 7pm – 8pm</p>	<p>Pilates with Chloe via Zoom 10am – 11am</p> <p>Forever Supporting Blokes via Zoom 6pm – 7pm</p> <p>Supporting Blokes via Zoom 7:30pm – 8:30pm</p>	<p>Naturopath Melissa Lewis— Complementing your journey through natural support via Zoom 10am – 1pm</p>	<p>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</p>	
7	8 SCHOOL HOLIDAYS	9 SCHOOL HOLIDAYS	10 SCHOOL HOLIDAYS	11 SCHOOL HOLIDAYS	12 SCHOOL HOLIDAYS	13
		<p>Reflexology via Zoom 11am – 12noon</p> <p>Yoga via Zoom 4.00pm-5.00pm</p>	<p>Pilates with Chloe via Zoom 10am – 11am</p>		<p>Evening Pilates with Charlotte via Zoom 5pm-6pm</p>	
14	15	16	17	18	19	20
		<p>Reflexology via Zoom 11am – 12noon</p> <p>Yoga via Zoom 4.00pm-5.00pm</p>	<p>Hairdressing (by appointment only) LIVE at TLC 10am – 3.30pm</p>	<p>Massage - LIVE at TLC 10am – 1pm</p>	<p>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</p>	
21	22	23	24	25	26	27
	<p>Pilates with Sophie via Zoom 9am – 10am</p>	<p>Pilates with Charlotte via Zoom 9am – 10am</p> <p>Reflexology via Zoom 11am – 12noon</p>	<p>Second Hope Support Group for women with metastatic breast cancer with guest speaker via Zoom 1pm – 2.30pm</p>	<p>DAY OF INDULGENCE 9.30am – 2.30pm</p>	<p>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</p>	
28	29	30	31			
	<p>Pilates with Sophie via Zoom 9am – 10am</p>	<p>Yoga with Ros via Zoom 9:30am – 10:30am</p> <p>Reflexology via Zoom 11am – 12noon</p>	<p>Art Therapy with Carmen via Zoom 10.00am – 11.00am</p>			