

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
		Zumba via Zoom 11am – 12pm				
2	3	4	5	6	7	8
	DAM Busters info session via Zoom 11.00am – 12.00noon		Pilates with Sophie via Zoom 9.00am – 10.00am	Wellness workshop - via Zoom 9.00am-10.00am Massage - LIVE at TLC 10.30am – 1.45pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
9	10	11	12	13	14	15
	Public Holiday	Yoga with Claire via Zoom 10.00am – 11.00am Reflexology with Monique via Zoom 11.00am – 12.00noon Fabulous Over 50's Support Group via Zoom 1pm – 2:30pm	Pilates with Sophie via Zoom 9.00am – 10.00am Massage - LIVE at TLC 10.30am – 1.45pm Forever Supporting Blokes Group via Zoom with guest speaker 6pm – 7.00pm Supporting Blokes Group via Zoom with guest speaker 7.00pm – 8.00pm		Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
16	17	18	19	20	21	22
	Meditation with Monique via Zoom 9.00am-10.00am	Yoga with Claire via Zoom 10.00am – 11.00am Reflexology with Monique via Zoom 11.00am – 12.00noon DAM Busters Dragon Boat Paddle on the river 6pm – 8pm Mind and Soul * LIVE at TLC 10am – 2.30pm	Pilates with Sophie via Zoom 9.00am – 10.00am Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm	Massage - LIVE at TLC 10.30am – 1.45pm Pink Sisters Support Group for women under 50 via Zoom 6pm – 8pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
23	24	25	26	27	28	29
	Meditation with Monique via Zoom 9.00am-10.00am	Yoga with Claire via Zoom 10.00am – 11.00am Reflexology with Monique via Zoom 11.00am – 12.00noon	Pilates with Sophie via Zoom 9.00am – 10.00am Massage - LIVE at TLC 10.30am – 1.45pm	DAY OF INDULGENCE 9.30am – 2.30pm		