

SEPTEMBER 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.					
3	4	5	6	7	8	9
	Pilates with Erin via Zoom 10am – 11am	Yoga with Katie via Zoom 1pm – 2pm	Walking Group 11am – 12 noon Supporting Blokes Group via Zoom 6pm – 8pm	Massage 10am – 1pm Aromatherapy 2am – 3pm		
10	11	12	13	14	15	16
	Pilates with Erin via Zoom 10am – 11am Photography at TLC 11am – 2:30pm	Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50s Support Group for women over 50 - HYBRID 1pm – 2.30pm	Walking Group 11am – 12 noon	Zumba 11am – 12pm		
17	18 SCHOOL HOLIDAYS	19 SCHOOL HOLIDAYS	20 SCHOOL HOLIDAYS	21 SCHOOL HOLIDAYS	22 SCHOOL HOLIDAYS	23
	Pilates with Erin via Zoom 10am – 11am	Reflexology with Monique via Zoom 11am – 12noon Yoga with Katie via Zoom 1pm – 2pm	Walking Group 11am – 12 noon Second Hope Support Group for women with metastatic breast cancer 1pm – 2.30pm	MOO GOO Client Info Session 11:30am – 12:30pm Pink Sisters Support Group & Sound Healing LIVE at TLC 6:30pm – 8:30pm		
24	25 SCHOOL HOLIDAYS	26 SCHOOL HOLIDAYS	27 SCHOOL HOLIDAYS	28 SCHOOL HOLIDAYS	29 SCHOOL HOLIDAYS	30
	Pilates with Erin via Zoom 10am – 11am HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer 1pm – 2:30pm	Reflexology with Monique via Zoom 11am – 12noon Yoga with Katie via Zoom 1pm – 2pm	Walking Group 11am – 12 noon Book Club via Zoom 1pm – 2pm		Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	