

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					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
	Art Therapy with Carmen via Zoom 1:30pm – 2:30pm	Yoga with Ros via Zoom 9:30am – 10:30am Specialist bra fitting with Gen Gort via Zoom 12pm – 1pm Aromatherapy via Zoom 7pm – 8pm	Pilates with Sophie via Zoom 9am – 10am Walking Group 11am – 12 noon	Massage - LIVE at TLC 10am – 1pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
10	11	12	13	14	15	16
	LABOUR DAY	Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's Support Group with Guest Speaker Sarah Gill via Zoom 1pm – 2:30pm	Pilates with Sophie via Zoom 9am – 10am Walking Group 11am – 12 noon Blokes Special Guest speaker session via Zoom 6:15pm – 8pm	Guest speaker Susan Dragan—Peter Mac Social worker via Zoom 9:30am – 10:30am Zumba 11am – 12pm Afternoon Pilates with Charlotte via Zoom 12:30pm – 1:30pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
17	18	19	20	21	22	23
	HOT Pink Sisters (under 50) Support Group for women with metastatic breast cancer 1pm – 2.30pm	Yoga with Ros via Zoom 9:30am – 10:30am	Walking Group 11am – 12 noon Pilates with Sophie via Zoom 9am – 10am	Afternoon Pilates with Charlotte via Zoom 12:30pm – 1:30pm 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.	
24	25	26	27	28	29	30
	Book Club via Zoom 2pm – 3pm	Reflexology with Monique via Zoom 11am – 12noon	Pilates with Sophie via Zoom 9am – 10am Walking Group 11am – 12 noon Second Hope Support Group for women with metastatic breast cancer with Guest speaker Sophie Lewis via Zoom 1pm – 2.30pm	DAY OF INDULGENCE 9.30am – 2.30pm	GOOD FRIDAY	