



ZOOM Calendar

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MAY 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	2 Massage - LIVE at TLC 10am – 1pm	3 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	4
5	6 Pilates with Sophie via Zoom 9am – 10am Art Therapy with Carmen via Zoom 1:30pm – 2:30pm	7 Yoga with Ros via Zoom 9:30am – 10:30am Afternoon Pilates with Charlotte via Zoom 12:30pm—1:30pm Aromatherapy via Zoom 7pm – 8pm	8	9 Zumba via Zoom 11am – 12pm Pink Sisters Support Group for women under 50 with guest speaker Dale Ischia—via Zoom 6pm – 8pm	10 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	11
12	13 Pilates with Sophie via Zoom 9am – 10am	14 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	15 Afternoon Pilates with Charlotte via Zoom 12:30pm—1:30pm	16	17 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	18
19	20 Pilates with Sophie via Zoom 9am – 10am Massage - LIVE at TLC 10am – 1pm	21 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	22 Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm	23	24 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	25
26	27 Pilates with Sophie via Zoom 9am – 10am	28 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	29	30 DAY OF INDULGENCE 9.30am – 2.30pm	31	