

MAY 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	<b>Massage - LIVE at TLC</b> 10am – 1pm	<b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.	
5	6	7	8	9	10	11
	<b>Pilates with Sophie via Zoom</b> 9am – 10am  <b>Art Therapy with Carmen via Zoom</b> 1:30pm – 2:30pm	<b>Yoga with Ros via Zoom</b> 9:30am – 10:30am <b>Afternoon Pilates with Charlotte via Zoom</b> 12:30pm—1:30pm <b>Aromatherapy via Zoom</b> 7pm – 8pm		<b>Zumba via Zoom</b> 11am – 12pm  <b>Pink Sisters Support Group for women under 50 with guest speaker Dale Ischia—via Zoom</b> 6pm – 8pm	<b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.	
12	13	14	15	16	17	18
	<b>Pilates with Sophie via Zoom</b> 9am – 10am	<b>Yoga with Ros via Zoom</b> 9:30am – 10:30am <b>Reflexology with Monique via Zoom</b> 11am – 12noon <b>Fabulous Over 50's Support Group via Zoom</b> 1pm – 2:30pm	<b>Afternoon Pilates with Charlotte via Zoom</b> 12:30pm—1:30pm	<b>Career Development with guest speaker Sue Bermingham via Zoom</b> 11am – 12noon	<b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.	
19	20	21	22	23	24	25
	<b>Massage - LIVE at TLC</b> 10am – 1pm	<b>Yoga with Ros via Zoom</b> 9:30am – 10:30am <b>Reflexology with Monique via Zoom</b> 11am – 12noon <b>Pilates with Sophie via Zoom</b> 12.30pm – 1.30pm	<b>Second Hope Support Group for women with metastatic breast cancer via Zoom</b> 1pm – 2.30pm	<b>DAM Busters Dragon Boat Club with Ali Sutton via Zoom</b> 10am – 11am	<b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.	
26	27	28	29	30	31	
		<b>Reflexology with Monique via Zoom</b> 11am – 12noon <b>Pilates with Sophie via Zoom</b> 12.30pm – 1.30pm		<b>DAY OF INDULGENCE</b> 9.30am – 2.30pm		