

What's on in August



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2
4 • Chair yoga 12:15 • Yoga 6:10pm	5	6 • Chair yoga 11:30am • Yoga 6:00pm	7 • Sound Bath 12:15pm	8	9
11 • Chair yoga 12:15 • Yoga 6:10pm	12 • Sound Bath 7:00pm	13 • Chair yoga 11:30am • Yoga 6:00pm	14 • Sound Bath 12:15pm	15	16
18 • Chair yoga 12:15 • Yoga 6:10pm	19	20 • Chair yoga 11:30am • Yoga 6:00pm	21 • Sound Bath 12:15pm	22 • Sound Bath 5:00pm	23
25	26	27	28	29	30
31					