

What's on in October



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	2 Sound Bath 12:15pm	3	4
6 - Chair yoga 12:15 - Yoga 6:10pm	7	8 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	9 Sound Bath 12:15pm	10	11
13 - Chair yoga 12:15 - Yoga 6:10pm	14 Sound Bath 7:00pm	15 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	16 Sound Bath 12:15pm	17	18
20 - Chair yoga 12:15 - Yoga 6:10pm	21	22 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	23 Sound Bath 12:15pm	24 Sound Bath 5:00pm	25
27 - Chair yoga 12:15 - Yoga 6:10pm	28	29 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	30 Sound Bath 12:15pm	31	