

What's on in September



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 - Chair yoga 12:15 - Yoga 6:10pm	2	3 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	4 Sound Bath 12:15pm	5
8 - Chair yoga 12:15 - Yoga 6:10pm	9 Sound Bath 7:00pm	10 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	11 Sound Bath 12:15pm	12
15 - Chair yoga 12:15 - Yoga 6:10pm	16	17 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	18 Sound Bath 12:15pm	19
22 - Chair yoga 12:15 - Yoga 6:10pm	23	24 - Chair yoga 11:30am - Mindful Craft 2:00pm - Yoga 6:00pm	25 Sound Bath 12:15pm	26 Sound Bath 5:00pm
29 - Chair yoga 12:15 - Yoga 6:10pm	30 Yoga for Stress 7:30pm			