July Events

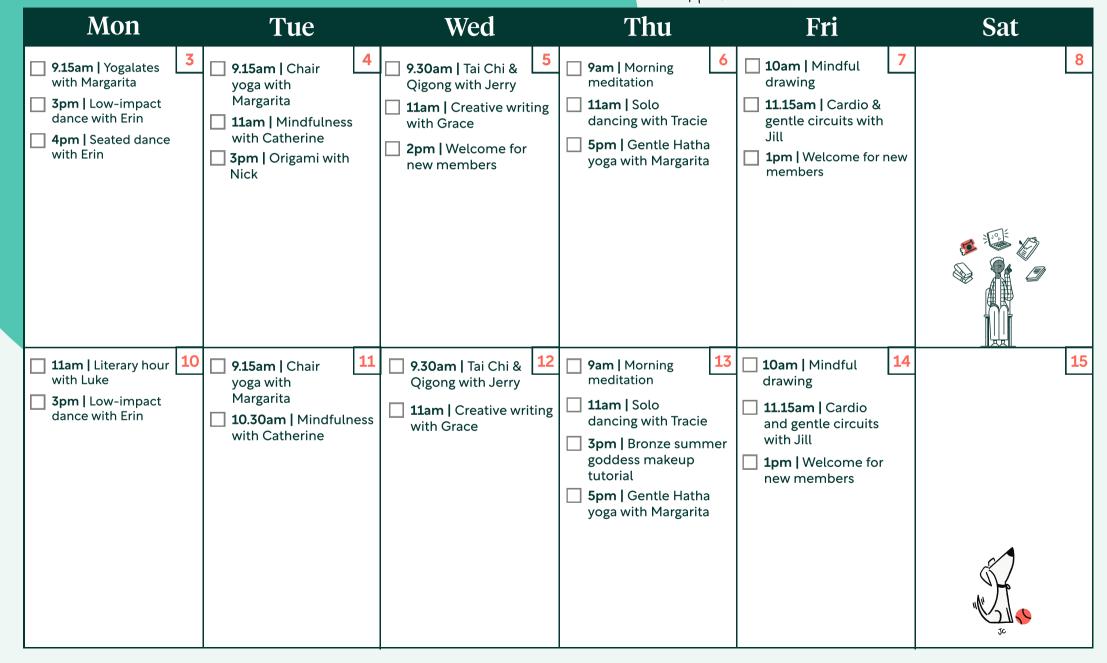
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This month's theme: Travel



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Mon	Tue	Wed	Thu	Fri	Sat
 9.15am Yogalates with Margarita 11am Mindfulness with Catherine 3pm Low-impact dance with Erin 4pm Seated dance with Erin 	 9.15am Chair yoga with Margarita 11am Welcome for new members 3pm Gardeners unite! 	 9.30am Tai Chi & 19 Qigong with Jerry 11am Creative writing with Grace 2pm Welcome for new members 4pm Cooking with Beth 	 9am Morning meditation 11am Solo dancing with Tracie 2pm Neurobics 5pm Gentle Hatha yoga with Margarita 	 11.15am Cardio & gentle circuits with Jill 1pm They don't write them like that anymore 	
 11am Writing for wellbeing 3pm Low-impact dance with Erin 	 9.15am Chair yoga with Margarita 11am Mindfulness with Catherine 3pm Criminology with Dr Huang 	 9.30am Tai Chi & Qigong with Jerry 11am Creative writing with Grace 2pm Welcome for new members 	 9am Morning meditation 11am Solo Dancing with Tracie 5pm Gentle Hatha yoga with Margarita 	 10am Mindful drawing 11.15am Cardio and gentle circuits with Jill 1pm Nutrition with Valentina 	29 Check out our articles for exclusive daily content!
 9.15am Yogalates with Margarita 3pm Monsters, heroes and saints: Tales of Anglo Saxons in English folklore 3pm Low-impact dance with Erin 4pm Seated dance with Erin 		2 Check out our past events on our "Recordings" tab!	3	4 Check out our articles for exclusive daily content!	