

# July Events

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THE JOY CLUB  
discover something new

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This month's theme: Travel




Mon	Tue	Wed	Thu	Fri	Sat
<input type="checkbox"/> 9.15am   Yogalates with Margarita <input type="checkbox"/> 3pm   Low-impact dance with Erin <input type="checkbox"/> 4pm   Seated dance with Erin	<input type="checkbox"/> 9.15am   Chair yoga with Margarita <input type="checkbox"/> 11am   Mindfulness with Catherine <input type="checkbox"/> 3pm   Origami with Nick	<input type="checkbox"/> 9.30am   Tai Chi & Qigong with Jerry <input type="checkbox"/> 11am   Creative writing with Grace <input type="checkbox"/> 2pm   Welcome for new members	<input type="checkbox"/> 9am   Morning meditation <input type="checkbox"/> 11am   Solo dancing with Tracie <input type="checkbox"/> 5pm   Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10am   Mindful drawing <input type="checkbox"/> 11.15am   Cardio & gentle circuits with Jill <input type="checkbox"/> 1pm   Welcome for new members	
<input type="checkbox"/> 11am   Literary hour with Luke <input type="checkbox"/> 3pm   Low-impact dance with Erin	<input type="checkbox"/> 9.15am   Chair yoga with Margarita <input type="checkbox"/> 10.30am   Mindfulness with Catherine	<input type="checkbox"/> 9.30am   Tai Chi & Qigong with Jerry <input type="checkbox"/> 11am   Creative writing with Grace	<input type="checkbox"/> 9am   Morning meditation <input type="checkbox"/> 11am   Solo dancing with Tracie <input type="checkbox"/> 3pm   Bronze summer goddess makeup tutorial <input type="checkbox"/> 5pm   Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10am   Mindful drawing <input type="checkbox"/> 11.15am   Cardio and gentle circuits with Jill <input type="checkbox"/> 1pm   Welcome for new members	

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<input type="checkbox"/> 9.15am   Yogalates with Margarita <b>17</b> <input type="checkbox"/> 11am   Mindfulness with Catherine <input type="checkbox"/> 3pm   Low-impact dance with Erin <input type="checkbox"/> 4pm   Seated dance with Erin	<input type="checkbox"/> 9.15am   Chair yoga with Margarita <b>18</b> <input type="checkbox"/> 11am   Welcome for new members <input type="checkbox"/> 3pm   Gardeners unite!	<input type="checkbox"/> 9.30am   Tai Chi & Qigong with Jerry <b>19</b> <input type="checkbox"/> 11am   Creative writing with Grace <input type="checkbox"/> 2pm   Welcome for new members <input type="checkbox"/> 4pm   Cooking with Beth	<input type="checkbox"/> 9am   Morning meditation <b>20</b> <input type="checkbox"/> 11am   Solo dancing with Tracie <input type="checkbox"/> 2pm   Neurobics <input type="checkbox"/> 5pm   Gentle Hatha yoga with Margarita	<input type="checkbox"/> 11.15am   Cardio & gentle circuits with Jill <b>21</b> <input type="checkbox"/> 1pm   They don't write them like that anymore...	
<input type="checkbox"/> 11am   Writing for wellbeing <b>24</b> <input type="checkbox"/> 3pm   Low-impact dance with Erin	<input type="checkbox"/> 9.15am   Chair yoga with Margarita <b>25</b> <input type="checkbox"/> 11am   Mindfulness with Catherine <input type="checkbox"/> 3pm   Criminology with Dr Huang	<input type="checkbox"/> 9.30am   Tai Chi & Qigong with Jerry <b>26</b> <input type="checkbox"/> 11am   Creative writing with Grace <input type="checkbox"/> 2pm   Welcome for new members	<input type="checkbox"/> 9am   Morning meditation <b>27</b> <input type="checkbox"/> 11am   Solo Dancing with Tracie <input type="checkbox"/> 5pm   Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10am   Mindful drawing <b>28</b> <input type="checkbox"/> 11.15am   Cardio and gentle circuits with Jill <input type="checkbox"/> 1pm   Nutrition with Valentina	<p><i>Check out our articles for exclusive daily content!</i></p>
<input type="checkbox"/> 9.15am   Yogalates with Margarita <b>31</b> <input type="checkbox"/> 3pm   Monsters, heroes and saints: Tales of Anglo Saxons in English folklore <input type="checkbox"/> 3pm   Low-impact dance with Erin <input type="checkbox"/> 4pm   Seated dance with Erin		<p><i>Check out our past events on our "Recordings" tab!</i></p>		<p><i>Check out our articles for exclusive daily content!</i></p>	