



NASS Bristol Timetable October 2022

MON	TUES	WED	THURS	FRI	SAT	SUN
						1 2
3 7.00pm Physio Session with Emily	4	5 6.30pm Physio Session	6 10.00am Yoga for AS with Caroline	7	8 12.00pm Chair Dance with Diane	9
10 7.00pm Physio Session with Emily	11	12 6.30pm Physio Session	13 10.00am Physio Session Recording	14	15 11.00am Chat & Cuppa Join for a catch up!	16
17 7.00pm Physio Session with Emily	18	19 6.30pm Physio Session	20 10.00am Yoga for AS with Caroline	21	22 12.00pm Chair Dance with Diane	23
24 7.00pm Physio Session with Emily	25	26 6.30pm Physio Session	27 10.00am Pilates Session Recording	28	29 11.00am Yoga for AS with Caroline	30
31 7.00pm Physio Session with Emily						