



Online Branch Timetable September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 6.30pm Physio Session with Emily	5	6 6.30pm Physio Session	7 4.45pm Physio Session with Emily	8	9	10
11 10.15am NASS Stretchtember Facebook Live Pilates with Louise	SOCIAL 12 7.00pm Social Session	13 6.30pm Physio Session	14 4.45pm Physio Session with Emily	15	16 12.00pm Chair Dance with Diane	17
6.30pm Physio Session with Emily						
18 6.30pm Physio Session with Emily	19	20 6.30pm Physio Session	21 4.45pm Physio Session with Emily	22	23 10.00am Yoga with Caroline	24
			7.00pm Pilates with Louise			
25 6.30pm Physio Session with Emily	26 12.45pm NASS Stretchtember Facebook Live Physio Session with Caroline	27 6.30pm Physio Session	28 4.45pm Physio Session with Ed	29	NEW CLASS! 30 12.00pm Standing / Chair Dance with Diane	