

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 9:30 Breakfast Club 1:00 Easy Fit 2:00 Sit Fit	7
8	9 1:00 Mood For Thought: Intro to Cognitive Behavioural Therapy	10 10:00 Zumba 5:00 Gentle Yoga	11	12 10:00 Zumba 6:00 Gender Journey	13 9:30 Breakfast Club 1:00 Easy Fit 1:00 Easy Fit 2:00 Sit Fit	14
15	16 1:00 Mood For Thought: Intro to Cognitive Behavioural Therapy	17 10:00 Zumba 5:00 Gentle Yoga	18	19 10:00 Zumba 1:00 Stitch n Chat 1:00 Live Well Be Well	20 9:30 Breakfast Club 1:00 Easy Fit 1:00 Easy Fit 2:00 Sit Fit	21
22	23 1:00 Mood For Thought: Intro to Cognitive Behavioural Therapy	24 10:00 Zumba 5:00 Gentle Yoga	25	26 10:00 Zumba 1:00 Stitch n Chat 1:00 Live Well Be Well 6:00 Gender Journey	27 9:30 Breakfast Club 1:00 Easy Fit 1:00 Easy Fit 2:00 Sit Fit	28
29	30	31 10:00 Zumba 5:00 Gentle Yoga				