

# October 2018

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	YOGA 10.30 PILATES 17.30 PILATES 18.45	YOGA 11.30 YOGA 18.30 YOGA 19.45	T'AI CHI 10.00 ENERGY 18.30	PILATES 09.45 YOGA 18.30 YOGA 19.45		AUTUMN RESTORATIVE 10.00	CREATIVITY AFTERNOON 14.00
06	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	YOGA 10.30 PILATES 17.30 PILATES 18.45	YOGA 11.30 YOGA 18.30 YOGA 19.45	T'AI CHI 10.00 ENERGY 18.30	PILATES 09.45 YOGA 18.30 YOGA 19.45			AUTUMN RETREAT SPAIN
00	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	AUTUMN RETREAT SPAIN PILATES 17.30 PILATES 18.45	AUTUMN RETREAT SPAIN PILATES 18.30	AUTUMN RETREAT SPAIN PILATES 09.45	AUTUMN RETREAT SPAIN PILATES 09.45			
07	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	YOGA 10.30	YOGA 11.30 YOGA 18.30 YOGA 19.45	T'AI CHI 10.00 ENERGY 18.30	YOGA 18.30 YOGA 19.45		YOGA & CREATIVITY DREAMBOARDS 10.00	
01	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	YOGA 10.30 PILATES 17.30 PILATES 18.45	YOGA 11.30 YOGA 18.30 YOGA 19.45	T'AI CHI 10.00 ENERGY 18.30	PILATES 09.45 YOGA 18.30 YOGA 19.45			