

Summer Wellbeing Series (August 2021)

| WK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|--|---|---|--|--------|----------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | Combat HIIT 12.00 – 12.45pm | | Selfless Self-Care training session 10.00am–12.00pm Kids' Workout 12.00 – 12.30pm Cycle webinar 3.30pm – 4.30pm | | | | |
| 2 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Work your Core! 12.00 – 12.30pm | DR ME , first session 10.00 – 11.00am | Kids' Workout 12.00 – 12.30pm | Conversation Café 10.30 – 11.15am | | | |
| 3 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Body Balance 5.00 - 5.45pm | | Selfless Self-Care Self-care circle 10.00 – 11.00am Cycle webinar 2.00pm – 3.00pm Body Conditioning 5.00 - 5.45pm | | | | |
| 4 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Combat HIIT 12.00 – 12.45pm | DR ME , second session 10.00 – 11.00am | Work your Core! 12.00 – 12.30pm | Conversation Café 10.30 – 11.15am | | | |
| 5 | 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | | Body Balance 5.00 - 5.45pm | | | | | |