

July 2021

WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	28	29	30	1	2	3	4
2	5	6	7	8	9	10	11
			<u>Body Balance</u> (5.00 – 5.45pm)				
3	12	13	14	15	16	17	18
	<u>Body Balance</u> (5.00 – 5.45pm)		<u>Body Conditioning</u> (5.00 – 5.45pm)				
4	19	20	21	22	23	24	25
	<u>Body Conditioning</u> (5.00 – 5.45pm)		<u>Body Balance</u> (5.00 – 5.45pm)				
5	26	27	28	29	30	31	1
	<u>Body Balance</u> (5.00 – 5.45pm)		<u>Body Conditioning</u> (5.00 – 5.45pm)				