

October 2021

WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	27	28	29	30	1	2	3
2	4	5	6	7	8	9	10
			Body Balance (5.00 – 5.45pm)				World Mental Health Day
3	11	12	13	14	15	16	17
	National Work-Life Week (all week)		Body Conditioning (5.00 – 5.45pm)				
4	18	19	20	21	22	23	24
	World Menopause Awareness Day		Body Balance (5.00 – 5.45pm)				
5	25	26	27	28	29	30	31