

2020

April

G&amp;F MS Group

		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>01</b> Seated Zumba 10:45-12:45	<b>02</b> Stubbington Exercise Class 13:15-14:15	<b>03</b> Golden Bowler 11:30-14:00	<b>04</b> Easter Eggstravaganza 18:30 - 22:30	<b>05</b>
<b>06</b> 11:00 Craft Pilates 13:45-15:45	<b>07</b>	<b>08</b> Seated Zumba 10:45-12:45 Westbury Manor 14:00-16:00	<b>09</b> Physio 10:30-13:00 MS Nurse attending	<b>10</b> Easter	<b>11</b> Easter	<b>12</b> Easter
<b>13</b> Easter	<b>14</b> Yoga 10:45-13:00	<b>15</b> Seated Zumba 10:45-12:45 Discovey Centre 14:00-16:00	<b>16</b> Stubbington Exercise Class 13:15-14:15	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> Pilates 13:45-15:45	<b>21</b>	<b>22</b> Seated Zumba 10:45-12:45	<b>23</b> Physio 10:30-13:00 MS Nurse attending	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> Pilates 13:45-15:45	<b>28</b> Yoga 10:45-13:00	<b>29</b> Seated Zumba 10:45-12:45	<b>30</b>	<b>01</b>	<b>02</b>	<b>03</b>