

2020

March

G&F MS Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02 Pilates 13:45-15:45	03 Yoga 10:45-13:00	04 Seated Zumba 10:45-12:45	05 SEC Cancelled but Seated Zumba instead 13:15-15:15	06 Golden Bowler 11:30-14:00	07	08
09 11:00 Craft - Painting with Warwick Pilates 13:45-15:45	10 Poppy's Tea Room 10:30 to 12:30	11 Seated Zumba 10:45-12:45 Westbury Manor 14:00-16:00	12 Physio 10:30-13:00	13 Highlands Hub 11:00 to 14:00	14	15
16 Pilates 13:45-15:45	17 Yoga 10:45-13:00	18 Seated Zumba 10:45-12:45 Discovey Centre 14:00-16:00	19 Stubbington Exercise Class 13:15-14:15	20	21	22
23 Pilates 13:45-15:45	24 Pop-up Strawberry Field Moot 12:00-15:00	25 Seated Zumba 10:45-12:45	26 Physio 10:30-13:00 MS Nurse attending	27	28	29
30 Pilates 13:45-15:45	31 Yoga 10:45-13:00					