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## SOCIAL ACTIVITIES

### LUNCH AND LEARN | MAY 2019 - MARCH 2020

- May 16th @ 13:00 - Good Mood Food - 1 HEDDON STREET
- June 20th @ 13:00 - Fat Loss - 1 HEDDON STREET
- July 4th @ 13:00 - Eating for Vitality - 1 HEDDON STREET
- August 8th @ 13:00 - Brain Power - 1 HEDDON STREET
- September 5th @ 13:00 - Sleep - 1 HEDDON STREET
- October 3rd @ 13:00 - Meditation - 1 HEDDON STREET
- November 7th @ 12:00 - Stress - 1 HEDDON STREET
- December 5th @ 13:00 - Festive Season - 1 HEDDON STREET
- January 16th 2020 @ 13:00 - Detox - 1 HEDDON STREET
- February 6th 2020 @ 13:00 - Clear the Clutter - 1 HEDDON STREET
- March 5th 2020 @ 13:00 - Morning Ritual - 1 HEDDON STREET

### LEARN A LANGUAGE | JULY - NOVEMBER

Tuesdays and Thursdays @ 18:00 - 1 HEDDON STREET

### SCHOOL OF BOOZE TASTINGS | JULY 2019 - FEB 2020

- 10th July 2019 @ 18:00 - Beer - 1 HEDDON STREET
- 7th August 2019 @ 18:00 - White Wine - 1 HEDDON STREET
- 17th October 2019 @ 18:00 - Cider - 1 HEDDON STREET
- 13th November 2019 @ 18:00 - Gin - 1 HEDDON STREET
- 12 February 2020 @ 18:00 - Red Wine - 1 HEDDON STREET

### MEDITATION | SEPTEMBER - NOVEMBER

Wednesdays @ 12:00 - 12:30 - 13 MADDOX STREET  
Wednesdays @ 12:30 - 13:00 - 13 MADDOX STREET

## PHYSICAL ACTIVITIES

### WEEKLY | RUNNING ALL YEAR

#### ZUMBA

Mondays @ 18:30 - 19:30 - 13 MADDOX STREET  
Wednesdays @ 18:00 - 19:00 - 13 MADDOX STREET

#### BOOT CAMP

Mondays to Thursdays @ 18:15 - 19:15 - GREEN PARK

#### PILATES

Wednesdays @ 07:30 - 08:30 - 1 HEDDON STREET

#### YOGA

Mondays @ 12:00 - 13:00 - 13 MADDOX STREET  
Tuesdays @ 18:30 - 19:30 - 13 MADDOX STREET  
Thursdays (Beginners) @ 12:00 - 13:00 - 13 MADDOX STREET  
Thursdays @ 18:00 - 19:00 - 1 HEDDON STREET

### SEASONAL | RUNNING QUARTERLY

#### RUNNING CLUB | MAY - JULY

Wednesdays @ 18:15 - 19:15 - GREEN PARK

#### ABS ATTACK | JUNE - AUGUST

Tuesdays @ 12:30 - 13:00 - 13 MADDOX STREET  
Tuesdays @ 13:00 - 13:30 - 13 MADDOX STREET

#### BOX FIT | SEPTEMBER - NOVEMBER

Thursdays @ 18:00 - 19:00 - 13 MADDOX STREET

