

Event Calendar

July 2024

01 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

02 — Tuesday

No events

03 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

04 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

05 — Friday

09:45 — 10:45 Silver Salties Pilates - 9:45am

06 — Saturday

No events

07 — Sunday

No events

08 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

09 — Tuesday

No events

10 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

11 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

12 — Friday

09:45 — 10:45 Silver Salties Pilates - 9:45am

13 — Saturday

No events

14 — Sunday

No events

15 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

16 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

17 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

18 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

19 — Friday

09:45 — 10:45 Silver Salties Pilates - 9:45am

20 — Saturday

No events

21 — Sunday

No events

22 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

23 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

24 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

25 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

26 — Friday

09:45 — 10:45 Silver Salties Pilates - 9:45am

27 — Saturday

No events

28 — Sunday

No events

29 — Monday

09:30 — 10:30 Silver Salties Yoga - Mondays

30 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

31 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

August 2024

01 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

02 — Friday

09:45 — 10:45 Silver Salties Pilates - 9:45am

03 — Saturday

No events

04 — Sunday

No events

05 — Monday

No events

06 — Tuesday

No events

07 — Wednesday

No events

08 — Thursday

No events

09 — Friday

No events

10 — Saturday

No events

11 — Sunday

No events

12 — Monday

No events

13 — Tuesday

No events

14 — Wednesday

No events

15 — Thursday

No events

16 — Friday

No events

17 — Saturday

No events

18 — Sunday

No events

19 — Monday

No events

20 — Tuesday

No events

21 — Wednesday

No events

22 — Thursday

No events

23 — Friday

No events

24 — Saturday

No events

25 — Sunday

No events

26 — Monday

No events

27 — Tuesday

No events

28 — Wednesday

No events

29 — Thursday

No events

30 — Friday

No events

31 — Saturday

No events