

Live Well • Perform Great

2008
Calendar of Events

1 January
8 Weeks To A
Better You

7th 14th
21th 28th

2 February
8 Weeks To A
Better You

4th 11th
18th 25th

3 March
10th - 7pm
Health &
Wellness Class

11th - 7pm
Sports
Performance
Workshop

4 April
7th - 7pm
Health &
Wellness Class

14th - 7pm
Sports
Performance
Workshop

5 May
5th - 7pm
Health &
Wellness Class

12th - 7pm
Sports
Performance
Workshop

6 June
2nd - 7pm
Health &
Wellness Class

9th - 7pm
Sports
Performance
Workshop

7 July
7th - 7pm
Health &
Wellness Class

14th - 7pm
Sports
Performance
Workshop

8 August
4th - 7pm
Health &
Wellness Class

11th - 7pm
Sports
Performance
Workshop

9 September
8th - 7pm
Health &
Wellness Class

15th - 7pm
Sports
Performance
Workshop

10 October
6th - 7pm
Health &
Wellness Class

20th - 7pm
Sports
Performance
Workshop

11 November
3rd - 7pm
Health &
Wellness Class

10th - 7pm
Sports
Performance
Workshop

12 December
1st - 7pm
Health &
Wellness Class

8th - 7pm
Sports
Performance
Workshop

