

JULY 2022 @ TAMPINES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1 10-11am Brain and Body	2 9-10am Therapeutic Yoga 乐龄瑜伽班 L5 10-11am Therapeutic Yoga 乐龄瑜伽班 L5
3 9.30am-5pm Mindfulness Based Stress Reduction L9	4 2-3pm Low Impact Exercise	5 10-11am Therapeutic Yoga L5 10am-12noon (Japanese Nagomi) Pastel Art 和谐粉彩课程 L1	6 10-11am HPB Chair Zumba	7 10am-12noon Watercolour Florals Intermediate 水彩花卉中级课程 L1 3-5pm Watercolour Painting 水彩绘画课程 L5	8 10-11am Brain and Body	9 9-10am Therapeutic Yoga 乐龄瑜伽班 L6 10-11am Therapeutic Yoga 乐龄瑜伽班 L6
10	11 2-3pm Low Impact Exercise	12 10-11am Therapeutic Yoga L6 10am-12noon (Japanese Nagomi) Pastel Art 和谐粉彩课程 L2 2-3pm Community Nurse Post L3	13 10-11am HPB Chair Zumba 2-4pm Chinese Calligraphy 中国书法课程 L1 2-4pm Craft Workshop L4	14 10am-12noon Watercolour Florals Intermediate 水彩花卉中级课程 L2 3-5pm Watercolour Painting 水彩绘画课程 L6	15 10-11am Brain and Body	16 9-10am Therapeutic Yoga 乐龄瑜伽班 L7 10-11am Therapeutic Yoga 乐龄瑜伽班 L7
17	18 2-3pm Low Impact Exercise	19 10-11am Therapeutic Yoga L7 10am-12noon (Japanese Nagomi) Pastel Art 和谐粉彩课程 L3	20 10-11am HPB Chair Zumba 2-4pm Chinese Calligraphy 中国书法课程 L2	21 10am-12noon Watercolour Florals Intermediate 水彩花卉中级课程 L3 3-5pm Watercolour Painting 水彩绘画课程 L7	22 10-11am Brain and Body	23 9-10am Therapeutic Yoga 乐龄瑜伽班 L8 10-11am Therapeutic Yoga 乐龄瑜伽班 L8
24	25 2-3pm Low Impact Exercise	26 10-11am Therapeutic Yoga L8 10am-12noon (Japanese Nagomi) Pastel Art 和谐粉彩课程 L4	27 10-11am HPB Chair Zumba 2-4pm Chinese Calligraphy 中国书法课程 L3 2-4pm Craft Workshop L5	28 10am-12noon Watercolour Florals Intermediate 水彩花卉中级课程 L4 3-5pm Watercolour Painting 水彩绘画课程 L8	29 10-11am Brain and Body	30