

August 2024 1st UP

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 9am Exercise	2 Last Day Spy	3 8:30 NIC
4 C. 8:30am Worship 9am S/school 10:15am Worship	5 9am Zumba	6 8:30 TOPS	7 8:30am Yoga	8 9am Exercise	9	10 8:30 NIC
11 <i>Col Denning</i> 10:30 Worship & Picnic	12 9am Zumba 7pm Property	13 8:30 TOPS 6:30 Comm.Life	14 8:30am Yoga	15 9am Exercise 6:30 Session	16	17 8:30 NIC
18 8:30am Worship 9am S/school 10:15 Worship	19 9am Zumba	20 8:30am TOPS 9:45 Tai Chi	21 8:30am Yoga	22 9am Exercise	23	24 8:30 NIC
25 8:30 Worship 9am S/school 10:15 Worship	26 9am Zumba	27 8:30 TOPS 9:45 Tai Chi	28 8:30 Yoga	29 9am Exercise	30	31 8:30 NIC