

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>OAKLEAF CLOSED</p>	<p>2</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC)</p>	<p>3</p> <p>12:00-13:00 ActivZone Gym (Guildford College)</p>
<p>6</p> <p>10:30-11:30 Addiction Support 14:00-15:00 Chair Pilates (online) 16:00-17:15 Art with Calypso (online)</p>	<p>7</p> <p>9:00-13:00 Advice & Support 15:00-16:00 Yoga for All (GURC)</p>	<p>8</p> <p>11:00-12:30 Healthy Resolutions: Reboot Your Health (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)</p>	<p>9</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC)</p>	<p>10</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online) 17:00-18:30 Navigating the New Year (online)</p>
<p>13</p> <p>10:30-11:30 Addiction Support 14:00-15:00 Chair Pilates (online) 16:00-17:15 Art with Calypso (online)</p>	<p>14</p> <p>09:00-13:00 Advice & Support 15:00-16:00 Yoga for All (GURC)</p>	<p>15</p> <p>11:00-12:30 Healthy Resolutions: Reboot Your Health (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)</p>	<p>16</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC)</p>	<p>17</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online)</p>
<p>20</p> <p>10:30-11:30 Addiction Support (Last session) 14:00-15:00 Chair Pilates (online) 16:00-17:15 Art with Calypso (online)</p>	<p>21</p> <p>09:00-13:00 Advice & Support 15:00-16:00 Yoga for All (GURC)</p>	<p>22</p> <p>11:00-12:30 Healthy Resolutions: Reboot Your Health (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)</p>	<p>23</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC)</p>	<p>24</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online)</p>
<p>27</p> <p>14:00-15:00 Chair Pilates (online) 16:00-17:15 Art with Calypso (online) (Last session)</p>	<p>28</p> <p>09:00-13:00 Advice & Support 15:00-16:00 Yoga for All (GURC)</p>	<p>29</p> <p>11:00-12:30 Healthy Resolutions: Reboot Your Health (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)</p>	<p>30</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC)</p>	<p>31</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online)</p>

