

september

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 August	29	30	31	1 September	2/3
4	5	6	7	8	9/10
11	12 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	13	14 SPRY FITNESS 2:30 PM TO 3:30 PM	15	16/17
18	19 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	20	21 SPRY FITNESS 2:30 PM TO 3:30 PM	22	23/24
25	26 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	27	28 SPRY FITNESS 2:30 PM TO 3:30 PM	29	30/1 October
2	3	4	5	6	7/8

october

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
25 September	26	27	28	29	30/1 October
2	3 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	4	5 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	6	7/8
9	10 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	11	12 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	13	14/15
16	17 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	18	19 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	20	21/22
23	24 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	25	26 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	27	28/29
30	31 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	1 November	2	3	4/5

november

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30 October	31	1 November	2 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	3	4/5
6	7 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	8	9 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	10	11/12
13	14 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	15	16 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	17	18/19
20	21 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	22	23 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	24	25/26
27	28 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	29	30 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	1 December	2/3
4	5	6	7	8	9/10

december

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 November	28	29	30	1 December	2/3
4	5 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	6	7 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	8	9/10
11	12 SPRY FITNES 2:30 PM TO 3:30 PM SPRY SOCIAL 3:30 PM TO 4:30 PM	13	14 SPRY SOCIAL WINDUP 2:30 PM TO 4:30 PM	15	16/17
18	19	20	21	22	23/24
25	26	27	28	29	30/31
1 January	2	3	4	5	6/7