





What's on @ Yarm Wellness

October 2024

Drop in Sessions
Pre Book Sessions
See Provider Contact
Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sep 30	1	2	3	4	5	6
	12:00 PM - 1:00 PM Yarm Lunch Club	9:45 AM - 10:45 AM Kalma Baby Yoga	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		2:00 PM - 4:00 PM Board Games
	5:30 PM - 6:30 PM Menopause Support Group	10:45 AM - 11:45 AM Kalma Family Yoga with TDLS	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	4:30 PM - 5:30 PM Bereavement Support Group	6:00 PM - 7:30 PM Mens-hed Men's Mental Health		
		3:00 PM - 5:00 PM Creative Art for Wellness	7:00 PM - 7:45 PM Zumba Fitness			
		6:00 PM - 7:00 PM Breaking Waves - Support on Suicide Attempts				
7	8	9	10	11	12	13
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	9:45 AM - 10:45 AM Kalma Baby Yoga	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	1:30 PM - 3:00 PM Coffee, Cake & Company	10:45 AM - 11:45 AM Kalma Family Yoga with TDLS	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
5:30 PM - 6:30 PM Yoga		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	7:00 PM - 7:45 PM Zumba Fitness	6:00 PM - 7:30 PM Mens-hed Men's Mental Health		
6:30 PM - 7:30 PM Yoga		3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group				
14	15	16	17	18	19	20
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	9:45 AM - 10:45 AM Kalma Baby Yoga	CLOSED FOR YARM FAIR 			2:00 PM - 4:00 PM Board Games
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	5:30 PM - 6:30 PM Menopause Support Group	10:45 AM - 11:45 AM Kalma Family Yoga with TDLS				
5:30 PM - 6:30 PM Yoga		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group				
6:30 PM - 7:30 PM Yoga		3:00 PM - 5:00 PM Creative Art for Wellness				
21	22	23	24	25	26	27
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	9:45 AM - 10:45 AM Kalma Baby Yoga	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup	9:30 AM - 10:30 AM Kalma Minds Junior	
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	11:45 AM - 1:15 PM Wellness Walk	10:45 AM - 11:45 AM Kalma Family Yoga with TDLS	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir	10:45 AM - 11:45 AM Kalma Minds Teen Yoga	
12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service	1:30 PM - 3:00 PM Coffee, Cake & Company	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	7:00 PM - 7:45 PM Zumba Fitness	6:00 PM - 7:30 PM Mens-hed Men's Mental Health		
5:30 PM - 6:30 PM Yoga		3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group				
6:30 PM - 7:30 PM Yoga						
28	29	30	31	Yarm Wellness High Church Wynd Yarm TS15 9BQ 07732 395 441 yarmwellness@gmail.com www.yarmwellness.co.uk 		
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond			
5:30 PM - 6:30 PM Yoga	5:30 PM - 6:30 PM Menopause Support Group	3:00 PM - 5:00 PM Creative Art for Wellness	1:00 PM - 3:00 PM Craft & Chat			
6:30 PM - 7:30 PM Yoga		7:00 PM - 8:00 PM WellRead Book Club				