

Calendar of Events

OCTOBER 2017							
SUN	MON	TUE	WED	THU	FRI	SAT	
	2	3	4	5	6	7	
	<i>No groups or activities through School Holidays</i>						
8	9	10 EBOP Group: 12 pm RSA, Whakatane	11	12	13	14	
	<i>No groups or activities through School Holidays (except EBOP Group)</i>						
15	16 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	17 Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	18 For massage appointments please contact Cheryl	19 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	20	21	
22	23 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	24 Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	25 For massage appointments please contact Cheryl	26 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club Meet N Greet 5 pm – 7pm The Raft, Chapel Street, Tauranga	27	28 HD Group: 2 pm Morva 021 0228 6041	
29	30 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	31 Te Puke Group: 10.30 am The Daily Café, Commerce Street Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt					

NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 For massage appointment please contact Cheryl Ladies Group: 1.30 pm The Rabbit Hole Café, 211 Maunganui Road, Mt	2 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	3	4
5	6 Katikati Group: 10.30am Robert Harris Café, Main Road Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	7 Papamoa East Group: 10.30 am The Eastern Café, Parton Road Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	8 For massage appointment please contact Cheryl	9 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	10	11
12	13 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	14 Carers Group: 11.15 am Botannix Café, Bethlehem EBOP Group: 12 pm RSA, Whakatane Neuro Pilates: 2.00 pm – 3.00 pm	15 For massage appointment please contact Cheryl	16 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	17	18
19	20 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	21 Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	22 For massage appointment please contact Cheryl	23 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Tauranga Citizens Club	24	25 HD Group: 2 pm Morva 021 0228 6041
26	27 Aqua Class: 2 pm – 3.30 pm Baywave Aquatic Centre, Mt	28 Te Puke Group: 10.30 am The Daily Café, Commerce Street Neuro Pilates: 2.00 pm – 3.00 pm Body In Motion, 3 Grenada St, Mt	29 For massage appointment please contact Cheryl	30 Physio Class: 10 am – 12 pm Tauranga Citizens Club Social Lunch: 12 pm Meet N Greet 5 pm – 7pm The Raft, Chapel Street, Tauranga		

For information on the group or exercise classes please contact Cheryl Standing on 027 221 9977 or cheryl@bopms.co.nz

For information on fundraisers or events please contact Rachelle Atherton on 027 521 9977 or admin@bopms.co.nz