

# May 2025

MON

TUE

WED

THU

FRI

Trauma-sensitive Yoga

9.30am - 11am

Worthy Woman - fully booked

1

2

Women's Space  
closed  
Labour Day

5

Trauma-sensitive Yoga

9.30am - 11am

Worthy Woman - fully booked

6

7

8

9

12

Trauma-sensitive Yoga

9.30am - 11am

Worthy Woman - fully booked

13

14

15

16

Understanding Trauma  
530pm-730pm

19

Trauma-sensitive Yoga

9.30am - 11am

Worthy Woman - fully booked

20

Women's Space  
closed  
Staff Planning Day

21

22

23

26

Trauma-sensitive Yoga

9.30am - 11am

Worthy Woman - fully booked

27

28

29

30