# IMPACT CALENDAR

JUNE 2024

MON	TUE	WED	THUR	FRI	SAT	SUN	
27	28	29	30	31	1	2	
3	4	12.30РМ 5	6	7	8	9	
10	11	12:30РМ 12	<sup>5:30РМ</sup> 13	14	15	16	-
17	18	12:30РМ 19	20	21	22	23	
24	25	12:30РМ 26	боррм 5.00рм 27	28	29	30	
		12:30PM					

## IMPACT WORKING

Spectrum (Bristol)

**YOGA CLASS** 

SUMMER PARTY

Thursday 6th June. 5:30PM (R+).

Thursday 20th June.

5:00PM (R+ and Spectrum).

Reading (R+) - Football, drinks and nibbles.

area (beers provided in the fridge).

12:30PM - 1:15PM (Wellness Studio / Spectrum). Stretch it out on the mat, learn different breathing techniques and boost your physical and mental wellbeing. Claim your spot to attend a free class alongside 9 other yogis. Unprepared? Don't worry, we've got all the accessories you need to get fully immersed in the

**ENGLAND GAME (EUROS)** 

Bristol (Spectrum) - Showing the game in the communal

EVERY WEDNESDAY.

experience!

R+ (Reading)

BOOK NOW - Tap on your chosen 'Impact Calendar' event to let us know you're in!

## **IMPACT** CALENDAR

### JULY 2024

IMPACT
WORKING

MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	12:30РМ 10	11	12	13	14
15	16	12.30РМ 17	18	19	20	21
22	23	12:30РМ 24	25	26	27	28
		12:30PM	5:00PM	0		4
29	30	31 12:30PM	1	2	3	4

by YOGA CLASS

EVERY WEDNESDAY.

12:30PM - 1:15PM (Wellness Studio / Spectrum).

Stretch it out on the mat, learn different breathing techniques and boost your physical and mental wellbeing.

Claim your spot to attend a free class alongside 9 other yogis. Unprepared? Don't worry, we've got all the accessories you need to get fully immersed in the experience!



Thursday 25th July.

5:00PM - 10:00PM (Spectrum).

Bristol (Sprectrum) - A fun-filled summer event, full of cocktails, music and games.

# **IMPACT** CALENDAR

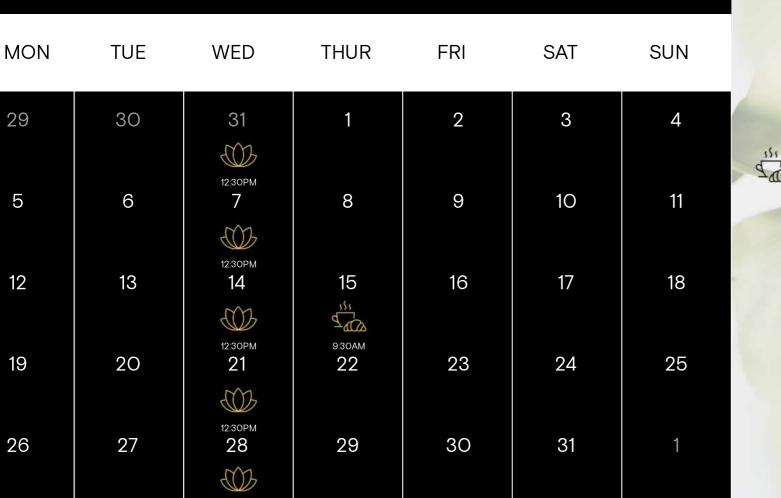
### AUGUST 2024

5

12

19

	IM	PA	ACT	
W	OR	RKI	NG	



#### **YOGA CLASS**

EVERY WEDNESDAY.

12.30 PM - 1.15 PM (Wellness Studio / Spectrum).

Stretch it out on the mat, learn different breathing techniques and boost your physical and mental wellbeing.

Claim your spot to attend a free class alongside 9 other yogis. Unprepared? Don't worry, we've got all the accessories you need to get fully immersed in the experience!

#### **BREAKFAST SOCIAL**

Thursday 22nd August

9.30 AM (Spectrum).

Breakfast social, treats from Farro Bakery.

From 9:30am in the main communal kitchen.

#### BOOK NOW - Tap on your chosen 'Impact Calendar' event to let us know you're in!

12:30PM

Spectrum (Bristol)