

Event Calendar

June 2026

01 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

02 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

03 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

04 — Thursday

No events

05 — Friday

09:45 — 10:45 Silver Salties Pilates

06 — Saturday

No events

07 — Sunday

No events

08 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

09 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

10 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

11 — Thursday

No events

12 — Friday

09:45 — 10:45 CANCELLED Silver Salties Pilates

13 — Saturday

No events

14 — Sunday

No events

15 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

16 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

17 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

18 — Thursday

No events

19 — Friday

No events

20 — Saturday

No events

21 — Sunday

No events

22 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

23 — Tuesday

No events

24 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

25 — Thursday

No events

26 — Friday

09:45 — 10:45 Silver Salties Pilates

27 — Saturday

No events

28 — Sunday

No events

29 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

30 — Tuesday

No events

July 2026

01 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

02 — Thursday

No events

03 — Friday

09:45 — 10:45 Silver Salties Pilates

04 — Saturday

No events

05 — Sunday

No events

06 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

07 — Tuesday

No events

08 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

09 — Thursday

No events

10 — Friday

09:45 — 10:45 Silver Salties Pilates

11 — Saturday

No events

12 — Sunday

No events

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No events

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No events

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21 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

22 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

23 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

24 — Friday

09:45 — 10:45 Silver Salties Pilates

25 — Saturday

No events

26 — Sunday

No events

27 — Monday

08:30 — 09:30 Silver Salties Yoga - Mondays 8:30am

10:00 — 11:00 Silver Salties Yoga - Mondays 10am

28 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

29 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

30 — Thursday

09:30 — 10:30 Silver Salties Yoga - Thursdays

31 — Friday

09:45 — 10:45 Silver Salties Pilates