

AUG 2024

SUN

MON

TUE

WED

THU

FRI

SAT

					01	02	03
		11am – 4pm <i>Appts</i>	11am – 4pm <i>Appts with Missy Travis</i>	11am – 4pm <i>Appts</i>	2 pm – 5pm <i>Appts</i>		
		4pm – 5pm <i>Sublime Shop Open</i>	<i>Please book at:</i> mindfulnourishment4u.com	4pm – 5pm <i>Sublime Shop Open</i>			
04	05	06	07	08	09	10	
		11am – 4pm <i>Appts</i>	11am – 4pm <i>Appts with Missy Travis</i>	11am – 4pm <i>Appts</i>	2 pm – 5pm <i>Appts</i>		
		4pm – 5pm <i>Sublime Shop Open</i>	<i>Please book at:</i> mindfulnourishment4u.com	4pm – 5pm <i>Sublime Shop Open</i>			
11	12	13	14	15	16	17	
		11am – 4pm <i>Appts</i>	11am – 4pm <i>Appts with Missy Travis</i>	11am – 4pm <i>Appts</i>	Closed		
		4pm – 5pm <i>Sublime Shop Open</i>	<i>Please book at:</i> mindfulnourishment4u.com	4pm – 5pm <i>Sublime Shop Open</i>			
18	19	20	21	22	23	24	
		11am – 4pm <i>Appts</i>	11am – 4pm <i>Appts with Missy Travis</i>	11am – 4pm <i>Appts</i>	2 pm – 5pm <i>Appts</i>		
		4pm – 5pm <i>Sublime Shop Open</i>	<i>Please book at:</i> mindfulnourishment4u.com	4pm – 5pm <i>Sublime Shop Open</i>			
25	26	27	28	29	30	31	
		11am – 4pm <i>Appts</i>	11am – 4pm <i>Appts with Missy Travis</i>	11am – 4pm <i>Appts</i>	2 pm – 5pm <i>Appts</i>		
		4pm – 5pm <i>Sublime Shop Open</i>	<i>Please book at:</i> mindfulnourishment4u.com	4pm – 5pm <i>Sublime Shop Open</i>			

These are our normal hours, but there may be occasional changes & adjustments.