

Term 3

	Monday	Tuesday	Wednesday
6:30am			Early Morning Yoga 6:30am
			Kayaking (off-site) 6:30am
7am	Tai Chi 7am	Yin Yang Yoga 7:30am	Early Morning Yoga 7:30am
8am	Qi Gong for Mental Energy 8:45am	Stretch & Strength 8:45am	
9am			Stretch & Strength 9am
			Pottery 9:30am
	Explorers Playgroup 9:30am – 12pm	Explorers Playgroup 9:30am – 12pm	Explorers Playgroup 9:30am – 12pm
10am	Acrylic Painting 10am	Staying Young & Active 10am	Body Conditioning 10:30am
	Staying Young & Active 10am	Watercolours Advanced 10am	Greek 10:30am
	Italian 10:30am	Italian 10:30am	
11am	Fit & Fab 11:15am		Chair Fitness Strength 11:45am
12:30pm	Body Strength 12:30pm	Zumba Gold 12:30pm	
1pm	French Beginners 1pm	Italian Beginners 1pm	Relaxation & Sound Healing 1:15pm
3pm	After School Care 3 – 6pm	After School Care 3 – 6pm	After School Care 3 – 6pm
6:20pm	Evening Yoga 6:25pm	Zumba 6:20pm	Italian Beginners 6:30pm
	French Beginners 6:30pm	Discover Japan 6:30pm	Linedance Beginners 6:30pm
	Italian Beginners 6:30pm	Machine Sewing Interm. 6:30pm	Mahjong 6:30pm
	Machine Sewing Beginners 6:30pm	Pottery 6:30pm	Pottery 6:30pm
	Painting with Acrylics 6:30pm	Spanish Beginners 6:30pm	Ukulele 6:30pm
			Pilates (online) 6:45pm
7pm	Tennis (off-site) 6pm & 7pm	Salsation 7:40pm	Tennis (off-site) 6pm & 7pm
	Photography 7pm		Life Drawing 7pm
	Monday Night Choir 7:45pm		Linedance Improver 7:30pm

	Thursday	Friday	Weekend
7am	Pilates 7:30am	Strength Training 7:35am	Kayaking (off site) 7:30am
			Pilates 7:30am
8am		Prenatal Yoga 8am	Northside Produce Market* 8am
			Pilates 8:30am
9am	Staying Young & Active 9am	Music & Movement 9:30 – 11:15am	Guitar Beginners 9am
			Mahjong Level 1 9:30am
			Mahjong Level 2 9:30am
			Mahjong Social 9:30am
			Pottery 9:30am
10am	Explorers Playgroup 9:30am – 12pm		
	Watercolours Advanced 10am	Intro to Watercolours 10am	Guitar Continuers 10am
	Staying Young & Active 10:15am	You Can Draw Anything 10am	Staying Young & Active 10am
		Italian 10:30am	
11am	Fit & Fab 11:30am	Mindful Meditation 11:30am	
12:30pm	Discover Japan Beginners 12:30pm	Lunchtime Choir 12:30pm	
1pm	Zumba Gold 1pm	Spanish Beginners 1pm	
2pm			Pottery Beginners 2pm
3pm	After School Care 3 – 6pm	After School Care 3 – 6pm	Relaxation & Sound Healing 5:30pm
6:20pm	Zumba 6:20pm	German 6:30pm	
	Drawing/Watercolours 6:30pm	Pottery 6:30pm	
	French 6:30pm	Spanish Beginners 6:30pm	
	Mahjong 6:30pm	Tango 6:30pm	
	Spanish 6:45pm		
7pm	Tennis (off-site) 6pm & 7pm	Salsa Shines 7:40pm	
	Photography 7pm		
	Evening Vinyasa Yoga 7:30pm		

* every 1st and 3rd Saturday of the month

