

# Term 4

|         | 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    | Expressive Painting 10am          | Italian Advanced 10am             | Body Conditioning 10:30am         |
|         | Staying Young & Active 10am       | Staying Young & Active 10am       | Italian 10:30am                   |
|         | Learn to Crochet 10:30am          | Watercolours Advanced 10am        |                                   |
| 11am    | Fit & Fab 11:15am                 | Nancy's Class 11:15am             | Chair Fitness Strength 11:45am    |
| 12:30pm | Body Strength 1pm                 | Italian Beginners 12:30pm         |                                   |
|         |                                   | Zumba Gold 12:30pm                |                                   |
| 1pm     | French Beginners 1pm              | Linedance Beginners 1:40pm        | Spanish 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 6:30pm                     | Discover Japan 6:30pm             | Linedance Beginners 6:30pm        |
|         | Italian Beginners 6:30pm          | Machine Sewing Int/Adv 6:30pm     | Mahjong Lvl 1, 2 & Social 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       | Yin Yoga 7:30pm                   | Tennis (off-site) 6pm & 7pm       |
|         | Photography Beginners 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     |                                   |                                 | Northside Produce Market* 8am–12pm |
|         |                                   |                                 | Guitar Beginners 8:30am            |
|         |                                   |                                 | Pilates 8:30am                     |
| 9am     | Staying Young & Active 9am        | Music & Movement 9:30am – 12pm  | Mahjong Lvl 1, 2 & Social 9:30am   |
|         | Explorers Playgroup 9:30am – 12pm | Prenatal Yoga 9:30am            | Pottery 9:30am                     |
| 10am    | Watercolours Advanced 10am        | The Beauty of Watercolours 10am | English Beginners 10am             |
|         | Staying Young & Active 10:15am    | You Can Draw Anything 10am      | Guitar Continuers 10am             |
|         | English Beginners 10:30am         | Italian 10:30am                 | Staying Young & Active 10am        |
| 11am    | Fit & Fab 11:30am                 |                                 |                                    |
| 12:30pm | Discover Japan Beginners 12:30pm  | Lunchtime Choir 12:30pm         |                                    |
|         |                                   | Italian Beginners 12:40pm       |                                    |
| 1pm     | Zumba Gold 1pm                    | Spanish Beginners 1pm           |                                    |
| 2pm     |                                   |                                 | Pottery Beginners 2pm              |
| 3pm     | After School Care 3 – 6pm         | After School Care 3 – 6pm       | Nurturing Self-Compassion 3:30pm   |
|         |                                   |                                 | Relaxation & Sound Healing 5:30pm  |
| 6:20pm  | Zumba 6:20pm                      | German Beginners 6:30pm         |                                    |
|         | Drawing/Watercolours 6:30pm       | Italian Beginners 6:30pm        |                                    |
|         | French 6:30pm                     | Pottery 6:30pm                  |                                    |
|         | Mahjong Lvl 1, 2 & Social 6:30pm  | Spanish Beginners 6:30pm        |                                    |
|         | Spanish 6:30pm                    | Tango 6:30pm                    |                                    |
| 7pm     | Tennis (off-site) 6pm & 7pm       | Tango Improvers 7:40pm          |                                    |
|         | Photography 7pm                   |                                 |                                    |
|         | Go-Go Dance 7:40pm                |                                 |                                    |

