

Term 1

	Monday	Tuesday	Wednesday
6:30am			Early Morning Yoga 6:30am Kayaking (off-site) 6:30am
7am	Tai Chi 7am	Yin Yang Yoga 7:30am	
8am	Qi Gong for Mental Energy 8:45am	Stretch & Strength 8:45am	
9am	Explorers Playgroup 9:30am – 12pm	Explorers Playgroup 9:30am – 12pm	Stretch & Strength 9am Explorers Playgroup 9:30am – 12pm Pottery 9:30am
10am	Expressive Painting 10am Staying Young & Active 10am	Italian Advanced 10am Staying Young & Active 10am Watercolours Advanced 10am	Body Conditioning 10:30am Italian Beginners 10:30am
11am	Fit & Fab 11:15am	Move & Grove 11:15am	Chair Fitness Strength 11:45am
12:30pm		Zumba Gold 12:30pm	
1pm	Body Strength 1pm French Beginners 1pm Linedance Improver 2:10pm	Italian Beginners 1pm Linedance Beginners 1:40pm	Spanish 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 French Beginners 6:30pm Greek Beginners (online) 6:30pm Italian Beginners 6:30pm Machine Sewing Beginners 6:30pm Painting with Acrylics 6:30pm	Zumba 6:20pm Japanese Conversation 6:30pm Machine Sewing Int/Adv 6:30pm Pottery 6:30pm Spanish Beginners 6:30pm	Greek (online) 6:30pm Italian Beginners 6:30pm Linedance Beginners 6:30pm Mahjong Lvl 1, 2, & Social 6:30pm Pottery 6:30pm Ukulele 6:30pm
7pm	Tennis (off-site) 6pm & 7pm Photography Beginners 7pm Monday Night Choir 7:45pm		Life Drawing 7pm 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 Pilates 8:30am Guitar Beginners 8:30am
9am	Staying Young & Active 9am Explorers Playgroup 9:30am – 12pm	Music & Movement 9:30 – 12pm	Mahjong Lvl 1, 2 & Social 9:30am Pottery 9:30am
10am	Japanese 10am Watercolours Advanced 10am Staying Young & Active 10:15am	The Beauty of Watercolours 10am You Can Draw Anything 10am Italian 10:30am	Guitar Continuers 10am Staying Young & Active 10am
11am	Fit & Fab 11:30am	Mindful Meditation 11:30am	
12:30pm	Japanese Beginners 12:30pm Zumba Gold 12:45pm	Lunchtime Choir 12:30pm Italian Beginners 12:30pm	
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 Drawing/Watercolours 6:30pm French 6:30pm Mahjong Lvl 1, 2, & Social 6:30pm Spanish 6:45pm	German Beginners 6:30pm Pottery 6:30pm Spanish Beginners 6:30pm Tango Beginners 6:30pm	
7pm	Tennis (off-site) 6pm & 7pm Photography 7pm Go-Go Dance 7:40pm	Tango Improvers 7:40pm	

