

Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:30am			Early Morning Yoga 6:30am Kayaking (off-site) 6:30am			Kayaking (off site) 7:30am Pilates 7:30am
7am	Tai Chi 7am	Yin Yang Yoga 7:30am		Pilates 7:30am	Mat Pilates 7:35am	Pilates 7:30am
8am	Qi Gong for Mental Energy 8:45am	Stretch & Strength 8:45am			Strength Training 7:35am	Northside Produce Market* 8am
9am	Explorers Playgroup 9:30am – 12pm	Explorers Playgroup 9:30am – 12pm	Stretch & Strength 9am Explorers Playgroup 9:30am – 12pm Pottery 9:30am	Staying Young & Active 9am Explorers Playgroup 9:30am – 12pm	Music & Movement 9:30am – 12pm	Guitar Intermediate 9am Mahjong 9:30am Pottery 9:30am
10am	Expressive Painting 10am French Beginner 10am Staying Young & Active 10am	Italian Advanced 10:30am Staying Young & Active 10am Watercolours Advanced 10am	Italian Beginners 10am Body Conditioning 10:30am	Japanese 10am Watercolours Advanced 10am Staying Young & Active 10:15am	Watercolours Intro 10am You Can Draw Anything 10am Italian Beg Next Step 10:30am	Guitar Advanced 10am Staying Young & Active 10am
11am	Fit & Fab 11:15am	Move & Grove 11:15am	Chair Fitness Strength 11:45am	Fit & Fab 11:30am	Mindful Meditation 11:30am	
12:30pm	German Conversation 12:30pm	Zumba Gold 12:30pm		Japanese Beginner 12:30pm Zumba Gold 12:45pm	Lunchtime Choir 12:30pm	
1pm	Body Strength 1pm Portraits in Oil 1pm Linedance Improver 2:10pm	Linedance Beginners 1:40pm	Spanish Beginners 1pm Relaxation & Sound Healing 1:15pm		Spanish Beginners 1pm	Guitar Beginners 2pm Pottery Beginners 2pm
3pm	After School Care 3 – 6pm	After School Care 3 – 6pm	After School Care 3 – 6pm	After School Care 3 – 6pm	After School Care 3 – 6pm	Relaxation & Sound Healing 5:30pm
6:20pm	Evening Yoga 6:25pm French Elementary 6:30pm Greek Beginners (online) 6:30pm Italian 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 6:30pm Pottery 6:30pm Ukulele Beginners 6:30pm		Zumba 6:20pm Drawing/Watercolours 6:30pm French 6:30pm Guitar Beginners/Interm. 6:30pm Mahjong 6:30pm Spanish 6:45pm	German Beginners 6:30pm Italian Beginners 6:30pm Mahjong 6:30pm Pottery 6:30pm Spanish Beginners 6:30pm
7pm	Tennis (off-site) 6pm & 7pm Photography Beginners 6:30pm Monday Night Choir 7:30pm		Life Drawing 7pm Linedance Improver 7:30pm	Tennis (off-site) 6pm & 7pm Photography 6:30pm Go-Go Dance 7:40pm		

