

Term 3

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

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

Stretch & Strength
9am

Pottery
9:30am

Explorers Playgroup
9:30am–12pm

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9:30am–12pm

Explorers Playgroup
9:30am–12pm

10am

Expressive Painting
10am

Italian
10am

Italian
10am

French Beginners
10am

Staying Young & Active
10am

Body Conditioning
10:30am

Staying Young & Active
10am

Watercolours Advanced
10am

11am

Fit & Fab
11:15am

Linedance Beginners
11:30am

Chair Fitness Strength
11:45am

12:30pm

Italian
12:30pm

Zumba Gold
12:30pm

1pm

Body Strength
1pm

Linedance Improvers
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

Creative Writing
6:30pm

Japanese Conversation
6:30pm

Linedance Beginners
6:30pm

French
6:30pm

Machine Sewing Int/Adv
6:30pm

Mahjong
6:30pm

Italian
6:30pm

Pottery
6:30pm

Pottery
6:30pm

Machine Sewing Beginners
6:30pm

Spanish Beginners
6:30pm

Ukulele Beginners
6:30pm

Painting with Acrylics
6:30pm

7pm

Tennis (off-site)
6pm & 7pm

Life Drawing
7pm

Monday Night Choir
7:30pm

Linedance Improver
7:30pm

7am

Pilates
7:30am

Strength Training
7:35am

Kayaking (off site)
7:30am

Pilates
7:30am

8am

Northside Produce Market*
8am

Guitar Intermediate
8:30am

Pilates
8:30am

9am

Explorers Playgroup
9:30am–12pm

Music & Movement
9:30–11:15am

Mahjong
9:30am

Pottery
9:30am

10am

Japanese
10am

The Beauty of Watercolours
10am

Guitar Advanced
10am

Watercolours Advanced
10am

You Can Draw Anything
10am

Strength, Balance, Mobility
10:15am

Strength, Balance, Mobility
10:15am

Interior Design Fundamentals
10am

Italian
10:30am

11am

Staying Young & Active
11:15am

Mindfulness
11:30am

12:30pm

Japanese Beginners
12:30pm

Lunchtime Choir
12:30pm

Zumba Gold
12:30pm

Italian Beginners
12:40pm

1pm

Spanish Beginners
1pm

2pm

Guitar Beginners
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
6:30pm

Drawing/Watercolours
6:30pm

Italian Beginners
6:30pm

French
6:30pm

Pottery
6:30pm

Mahjong
6:30pm

Spanish Beginners
6:30pm

Spanish
6:30pm

7pm

Tennis (off-site)
6pm & 7pm

Go-Go Dance
7:40pm

