

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	
8am	Qi Gong for Mental Energy 8:45am	Stretch & Strength 8:45am	
9am			Stretch & Strength 9am Pottery 9:30am
10am	Explorers Playgroup 9:30am – 12pm Expressive Painting 10am French Beginners 10am Staying Young & Active 10am	Explorers Playgroup 9:30am – 12pm Italian Advanced 10am Staying Young & Active 10am Watercolours Advanced 10am	Explorers Playgroup 9:30am – 12pm Body Conditioning 10:30am
11am	Fit & Fab 11:15am	Linedance Beginners 11:30am	Chair Fitness Strength 11:45am
12:30pm	Body Strength 12:30pm	Italian Intermediate 11:30am Zumba Gold 12:30pm	
1pm		Linedance Improver 1:40pm	Woodwork 1pm Relaxation & Sound Healing 1:15pm
3pm	After School Care 3 – 6pm	After School Care 3 – 6pm	After School Care 3 – 6pm
6pm	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 Interm. 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 Beginners 6:30pm Pilates (online) 6:45pm Life Drawing 7pm Linedance Improver 7:30pm
7pm	Tennis (off-site) 6pm & 7pm Monday Night Choir 7:45pm		

	Thursday	Friday	Saturday
7am	Pilates 7:30am		Kayaking (off site) 7:30am Pilates 7:30am
8am		Strength Training 7:35am	Northside Produce Market* 8am–12pm Guitar Intermediate 8:30am Pilates 8:30am
9am	Yoga & Qi Gong 8:45am		Mahjong Lvl 1, 2 & Social 9:30am Pottery 9:30am
10am	Explorers Playgroup 9:30am – 12pm Strength, Balance & Mobility 10am Watercolours Advanced 10am	Music & Movement 9:30am – 12pm The Beauty of Watercolours 10am You Can Draw Anything 10am Italian 10:30am	Guitar Advanced 10am Strength, Balance & Mobility 10am
11am	Staying Young & Active 11:15am	Mindful & Meditation 11:30am	
12:30pm	Japanese Beginners 12:30pm Zumba Gold 12:45pm	Lunchtime Choir 12:30pm Italian Beginners 12:40pm	
1pm			
2pm			Pottery Beginners 2pm
3pm	After School Care 3 – 6pm	After School Care 3 – 6pm	Guitar Beginners 2pm Nurturing Self-Compassion 3:30pm Relaxation & Sound Healing 5:45pm
6pm	Zumba 6:20pm Drawing/Watercolours 6:30pm French 6:30pm Mahjong Lvl 1, 2 & Social 6:30pm Spanish 6:30pm	Mahjong Lvl 1, 2 & Social 6:30pm Pottery 6:30pm Spanish Beginners 6:30pm	
7pm	Tennis (off-site) 6pm & 7pm Go-Go Dance 7:40pm		

