

Term 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:30am			Early Morning Yoga 6:30am			Kayaking (off-site) 6:30am
7am	Early Morning Tai Chi 7am		Kayaking (off-site) 6:30am	Early Morning Pilates 7:30am		Pilates 7:30am
8am	Qi Gong 8:45am	Stretch & Strength 8:45am	Tai Chi for Health 7:30am			Northside Produce Market* 8am
9am			Stretch & Strength 9am	Staying Young & Active 9am	Music & Movement 9:30am	Pilates 8:30am
			Pottery 9:30am			Guitar Beginners 9am
10am	Explorers Playgroup 10am – 12.30pm	Explorers Playgroup 10am – 12.30pm	Explorers Playgroup 10am – 12.30pm	Explorers Playgroup 10am – 12.30pm		Mahjong 9:30am
	Expressive Painting 10am	Staying Young & Active 10am	Body Conditioning 10:30am	Watercolours Advanced 10am	Watercolours Intro 10am	Pottery 9:30am
	Staying Young & Active 10am	Watercolours Advanced 10am	Modern Greek 10:30am	Staying Young & Active 10:15am	You Can Draw Anything 10am	Guitar Continuers 10am
		Italian Advanced 10:30am			Italian Beg Next Step 10:30am	Staying Young & Active 10am
11am	Fit & Fab 11:15am		Chair Fitness Strength 11:45am	Fit & Fab 11:30am		
12:30pm	Body Strength 12:30pm	Zumba Gold 12:30pm			Lunchtime Choir 12:30pm	
1pm			Italian Beginners 1pm	Zumba Gold 1pm		Pottery for Beginners 2pm
			Relaxation & Sound Healing 1:15pm			
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	
6:20pm	Yoga 6:25pm	Zumba 6:20pm	Italian Beginners 6:30pm	Zumba 6:20pm	Pottery 6:30pm	
		Auslan Level 1 6:30pm	Line Dancing Beginners 6:30pm	French Beginners 6:30pm	Spanish Int/Level 2 6:30pm	
		Machine Sewing Beg/Int 6:30pm	Mahjong 6:30pm	Guitar 6:30pm		
		Pottery 6:30pm	Pottery 6:30pm	Mahjong 6:30pm		
			Spanish Beginner 6:30pm	Watercolours Skills 6:30pm		
			Pilates (online) 6:45pm			
7pm	Tennis (off-site) 6pm & 7pm	Salsation 7:40pm	Line Dancing Improver 7:30pm	Tennis (off-site) 6pm & 7pm		
	Choir 7:45pm			Life Drawing 7pm		

* every 1st and 3rd Saturday of the month

