

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	Tai Chi for Health 7:45am
8am	Qi Gong for Mental Energy 8:45am	Stretch & Strength 8:45am	
9am			Stretch & Strength 9am
			Pottery 9:30am
10am	Explorers Playgroup 10am – 12:30pm	Explorers Playgroup 10am – 12:30pm	Explorers Playgroup 10am – 12:30pm
	Expressive Painting 10am	Staying Young & Active 10am	Body Conditioning 10:30am
	Staying Young & Active 10am	Watercolours Advanced 10am	Greek 10:30am
	Italian Intermediate 10:30am	Italian Advanced 10:30am	
11am	Fit & Fab 11:15am		Chair Fitness Strength 11:45am
12:30pm	Body Strength 12:30pm	Zumba Gold 12:30pm	
1pm	French Beginners 1pm	Italian 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
	Expressive Painting 6:30pm	Discover Japan 6:30pm	Linedance Beginners 6:30pm
	French Beginners 6:30pm	Machine Sewing Beg/Int 6:30pm	Mahjong 6:30pm
	Italian Beginners 6:30pm	Pottery 6:30pm	Pottery 6:30pm
		Spanish Beginners/Level 2 6:30pm	Ukulele 6:30pm
			Pilates (online) 6:45pm
7pm	Tennis (off-site) 6pm & 7pm	Salsation 7:40pm	Life Drawing 7pm
	Photography Beginners 7pm		Linedance Improver 7:30pm
	Monday Night Choir 7:45pm		

Thursday

Friday

Weekend

6:30am

Kayaking (off-site)
6:30am

7am

Pilates
7:30am

Pilates
7:30am

8am

Northside Produce Market*
8am

Pilates
8:30am

9am

Staying Young & Active
9am

Music & Movement
9:30 – 11:15am

Guitar Beginners
9am

Mahjong Social
9:30am

Pottery
9:30am

10am

Explorers Playgroup
10am – 12:30pm

Watercolours Advanced
10am

Watercolours Intro
10am

Guitar Continuers
10am

Staying Young & Active
10:15am

You Can Draw Anything
10am

Staying Young & Active
10am

Italian Beg Next Step
10:30am

11am

Fit & Fab
11:30am

Mindful Meditation
11:30am

12:30pm

Lunchtime Choir
12:30pm

1pm

Zumba Gold
1pm

Spanish Beginners
1pm

2pm

Pottery Beginners
2pm

3pm

After School Care
3 – 6pm

After School Care
3 – 6pm

Sound Healing
5:30pm

6:20pm

Zumba
6:20pm

Pottery
6:30pm

Drawing/Watercolours
6:30pm

Salsa Shines
6:30pm

French Beginners/Level 2
6:30pm

Spanish Beginners
6:30pm

Guitar Beginners/Interm.
6:30pm

Mahjong
6:30pm

Spanish Interm/Level 3
6:45pm

7pm

Tennis (off-site)
6pm & 7pm

Evening Vinyasa Yoga
7:30pm



* every 1st and 3rd Saturday of the month