

TERM 1 PROGRAM

Enrolments open 18 January 2021
Classes commence 1 February 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10am

Introduction to
Meditation

10 - 11am

Chair Pilates

10 - 11.30am

ESL Beginner
Conversation

9 - 11am

Computer
Assistance

9 - 10am

French Classes
- Beginner

9 - 10am

Hatha Flow
Yoga -
Breathing and
mindfulness

10.30 - 12

Art Therapy
Classes

9 - 11am

Computer
Assistance

12 - 1.30pm

Cooking &
Healthy
Lifestyle Class

10 - 11am

Chair Yoga and
Mindfulness

10 - 11am

French Classes
- Intermediate

1 - 3pm

Welsh Class

11 - 12

Mens Only
Exercise &
Strength Class

1.30 - 2.30pm

Pilates -
Traditional
Floor Exercise
program

10 - 11am

Walking

6 - 6.45pm

Barre Class -
body strength
session

7 - 8pm

Hatha Flow
Yoga -
Breathing and
mindfulness

2.30 - 3.30pm

Jazzercise

7.30 - 8pm

Introduction to
Meditation



Caulfield South
Community House