

Term 4 On-Line Programs and Classes



(all participants must be members of the House)

\$50.00 per person unlimited exercise classes including Yoga	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chair Pilates - hand weights and all over body strength session		10.00am (1 hour)	1.30pm (1 hour)			
Barre Class - leg and upper body strength session	6.30pm (45 minutes)	11.00am (45 mins)				
Pilates - Traditional Floor Mat Exercise program			2.30pm (1 hour)			
Introduction to Meditation	10.00am (30 mins)					
Chair Yoga and Mindfulness				10.00am (45 mins)		
Hatha Flow Yoga - Breathing and mindfulness			7.00pm (1 hour)			SATURDAY 9.00am - 10.00am (1 Hour)
French Classes - Beginner and Intermediate (\$50.00 per term @ 9 classes)					9.00am - 9.45am Beginner 10.00am - 10.45am Intermediate	
Computer HELP!!!! Personalised tuition to improve your confidence and stay connected!	Via ZOOM Video Call - times according to tutor availability					
English Conversation - Personalised sessions	Via ZOOM Video Call - times according to tutor availability					