

TERM 3 PROGRAM

BOOK NOW!

Monday 28 June - Friday 17 September 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10.30 - 12pm

Art Therapy
Classes
\$30 Term

9.30 - 11.30am

Computer
Assistance
\$10

9.15 - 11.15

Mini Learners
\$15

9.30 - 11.30am

Computer
Assistance
\$10

9 - 10.30am

French Classes
- Beginner
\$15 per lesson

9 - 10am

Hatha Flow
Yoga -
Breathing and
mindfulness
\$14

1 - 3pm

Welsh Class
\$120 PA

10 - 11am

Walking FREE

9.30 -

11.30am

ESL Beginner
Conversation
\$20

10 - 10.45am

Chair Yoga and
Mindfulness
\$10

10.30 - 12pm

French Classes
- Intermediate
\$15 per lesson

6 - 6.45pm

Barre Class -
body strength
session
\$8

10 - 11am

Chair Pilates
\$8

12 - 1.30pm

Garden to Plate
Lifestyle Class
\$5

1.30 - 4pm

Canasta &
Cake
Gold Coin

7.30 - 8.15pm

Introduction to
Meditation
\$50/term

11 - 12 pm

Mens Only
Exercise &
Strength Class
\$8

1.30 - 2.30pm

Pilates -
Traditional
Floor Exercise
program
\$8

7 - 8pm

Hatha Flow
Yoga -
Breathing and
mindfulness
\$14

2.30 - 3.30pm

Jazzercise
\$8

Blended Classes

Online &
In-House



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