

TERM 4 PROGRAM

BOOK NOW

Monday 4 October - Friday 17 December 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 Early
Learners
ON HOLD

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
(Small groups)

**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
Outside Only
Weather
permitting
\$5

1 - 2 pm
Crafty Club
\$5

1:30 - 3:30
Writers Course
\$10
4 weeks
Start date 12
November

11 - 12 pm
Mens Only
Exercise &
Strength Class
\$8

1.30 - 2.30pm
Pilates -
Traditional \$8

1.30 - 4pm
Canasta &
Cake
Gold Coin
Outside Only
Weather
permitting

7pm - 8pm
Trivia Night
First Friday of
the month
FREE

7 - 8pm
Hatha Flow
Yoga -
Breathing and
mindfulness
\$14

2.30 - 3.30pm
Jazzercise
\$8

**Face to Face
classes**
In-House only

**Blended
Classes**
Online &
In-House