

TERM 2 PROGRAM

BOOK NOW

Tuesday 26 April - Friday 8 July 2022

MONDAY

10.30 - 12pm
Art Therapy
Classes
\$36 Term

12.30-1.15pm
Barre & Boxing-
body strength
session
\$8

1 - 3pm
Welsh Class
\$120 PA

7.30
Book Club
(monthly)

TUESDAY

9.30 -11.30am
Computer/IT
Assistance
\$5 - \$10

10 - 11am
Walking FREE

11 - 12noon
Garden Chatty
Cafe
Gold Coin

10 - 11am
Chair Pilates
\$8

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

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

WEDNESDAY

9.15 - 11.15
Mini Early
Learners \$15

9.30 - 11.30am
ESL Beginner
Conversation
\$20

11.30 - 1pm
Garden to Plate
(1st & 3rd Wed
of the mth) \$5

11.30 - 12.30
Cooking Class
\$5
12.30 - 2.30
Community
Lunch \$5
St Johns
(2nd Wed of mth)

1.30 - 2.30pm
Circuit Strength
Training Class
Strength,
Mobility &
Balance \$8

2.30 - 3.30pm
Pilates -
Traditional \$8

THURSDAY

9.30- 11.30am
Computer/IT
Assistance
\$5 - \$10

10 - 10.45am
Chair Yoga and
Mindfulness
\$10

1 - 3pm
Fun &
Friendship
afternoon inc.
Chatty Cafe &
Canasta Club
Gold Coin

FRIDAY

9 - 10.30am
French Classes
- Beginner
\$150 per term

10.30 - 12pm
French Classes
- Intermediate
\$150 per term

2 - 4pm
Mini Wellbeing
Mind Body &
Soul Retreat
(once a term)
\$40

**Blended
Classes**
(Online &
In-House)

In-House
only classes