

COMMUNITY PROGRAMS TIMETABLE TERM 3

(15/07/19-21/09/19)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9.00-10.30 Italian for Beginners	9.10-10.10 Yoga & Pilates	9.00-10.00 Yoga & Pilates	9.15-10.15 SPSY
9.15-10.15 Pilates	9.15-10.15 Strong People Stay Young		9.15-10.45 Italian 5	9.30-10.30 Yoga & Pilates
10.30-11.30 Strong People Stay Young	9.30-10.30 Yoga & Pilates	10.20-11.20 Yoga	10.15-11.30 Yoga	
	10.30-11.30 Zumba Gold	11.30-12.30 Gentle Yoga & Meditation	10.45 – 12.15 Italian Lang & Conversation	10.45-11.45 Yoga
11.45-12.45 Belly Dance	10.30-12.00 French 4		12.00-1.00 Chair Yoga	10.30-11.30 Piloxing
	10.45-11.45 Yoga	12.45-1.45 Get Moving Again	1.15-2.15 SPSY	
1.15-2.15 Tai Chi for Wellbeing	12.00-1.00 Talks*		2.30-3.30 SPSY	
	12.00-1.00 Chair Yoga		1.30-3.00 French 7	
	1.15-2.00 Fit to Music	2.00-3.00 Get Fit & Tone		
	2.00-3.00 Get Fit & Tone			SATURDAY
6.00-7.00 Latin Mix		4.30-5.30 Strong People Stay Young		9.15-10.15 Yoga
6.30-7.30 Pilates	6.30-7.30 Yoga & Pilates			10.30-11.30 Pilates
7.00-9.00 Social Connections - All Abilities	7.45-8.45 Yoga	6.30-7.30 Yoga	7.00-8.00 Yoga	
7.15-8.15 Strong People Stay Young		7.00-9.00 Life Skills	8.15-9.15 Gentle Yoga and Meditation	
	*Talks	27/8 & 10/9		

Strength & Fitness

Lifestyle

Yoga & Low Impact