

## COMMUNITY PROGRAMS TIMETABLE TERM 1

**(03/02/20-28/03/20)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9.00-10.30 <a href="#">Italian 1</a>		9.00-10.00 <a href="#">Yoga &amp; Pilates</a>	9.15-10.15 <a href="#">SPSY</a>
9.15-10.15 <a href="#">Pilates/Core Strength</a>	9.15-10.15 <a href="#">Strong People Stay Young</a>	9.10-10.10 <a href="#">Yoga &amp; Pilates</a>	9.15-10.45 <a href="#">Italian 6</a>	9.30-10.30 <a href="#">Yoga &amp; Pilates</a>
	9.30-10.30 <a href="#">Yoga &amp; Pilates</a>		10.15-11.30 <a href="#">Yoga</a>	10.30-11.30 <a href="#">Fit and Fabulous Over 50</a>
10.30-11.30 <a href="#">Strong People Stay Young</a>	10.30-11.30 <a href="#">Zumba Gold</a>	10.20-11.20 <a href="#">Yoga</a>	10.45 – 12.15 <a href="#">Italian Lang &amp; Conversation</a>	10.45-11.45 <a href="#">Yoga</a>
11.45-12.45 <a href="#">Belly Dance</a>	10.30-12.00 <a href="#">French 5</a>	11.30-12.30 <a href="#">Fit &amp; Fabulous</a>		12.00-1.00 <a href="#">Pilates Mandarin</a>
	10.45-11.45 <a href="#">Yoga</a>			
		12.00-1.00 <a href="#">Life!</a>		
	12.00-1.00 <a href="#">Chair Yoga</a>		12.00-1.00 <a href="#">Chair Yoga</a>	
1.15-2.15 <a href="#">Tai Chi for Wellbeing</a>	1.15-2.00 <a href="#">Fit to Music</a>	12.45-1.45 <a href="#">Yoga Mandarin</a>	1.15-2.15 <a href="#">SPSY</a>	
2.30-3.30 <a href="#">Yoga</a>	2.00-3.00 <a href="#">Get Fit &amp; Tone</a>	2.00-3.00 <a href="#">Get Fit &amp; Tone</a>	1.30-3.00 <a href="#">French 8</a>	<b>SATURDAY</b>
6.00-7.00 <a href="#">Latin Mix</a>		4.30-5.30 <a href="#">Strong People Stay Young</a>	2.30-3.30 <a href="#">SPSY</a>	9.15-10.15 <a href="#">Yoga</a>
6.30-7.30 <a href="#">Pilates</a>	6.30-7.30 <a href="#">Yoga &amp; Pilates</a>	6.00-7.00 <a href="#">Yoga</a>		10.30-11.30 <a href="#">Pilates</a>
7.00-9.00 <a href="#">Social Connections - All Abilities</a>	7.45-8.45 <a href="#">Yoga</a>	7.15-8.15 <a href="#">Yoga</a>	7.00-8.00 <a href="#">Yoga</a>	
7.15-8.15 <a href="#">Strong People Stay Young</a>	7.00-8.00 <a href="#">Mandarin</a>		8.15-9.15 <a href="#">Yin Yoga</a>	

Strength & Fitness

Lifestyle

Yoga & Low Impact