



Health & Wellbeing Timetable 2023 – TERM 2

Updated: 08 May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Music for Tots 9:30am-10:30am Banksia</p>	<p>Art for All 10:00am-12:00pm Pine Street Hall</p>	<p>Music for Tots 9:30am-10:30am Banksia</p>	<p>Mosaic for All 09:15am-11:45am Pine Street Hall</p>	<p>Zumba Gold® 10:00am-11:00am Cheltenham Hall</p>
<p>Zumba Gold® 10:30am-11:30am Cheltenham Hall</p>		<p>Line Dancing 10:00am-11:00am Cheltenham Hall</p>	<p>Qigong 09:30am-10:30am Banksia / Dual Delivery</p>	<p>Walking Club 10:00am-11:00am Foyer</p>
<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>
<p>Ball Skills for 4-5 Year Olds 11:15am-12:00pm Banksia</p>		<p>Chatty Café 10:30am-11:30am Foyer</p>		<p>Chatty Café 11:00am-12:00pm Foyer</p>
<p>Fit & Feisty 10:30am-11:30am Auditorium</p>		<p>Strength & Balance 11am-11:45am Zoom</p>	<p>Better Balance 10:30am-12:00pm Auditorium</p>	<p>Fit & Feisty 2:00pm-3:00pm Banksia</p>
<p>Better Balance 12:00pm-1:30pm Auditorium</p>		<p>Music & Play for Bubs 11:30am-12:30pm Banksia</p>		
<p>Computer Skills for Work 1:00pm-3:00pm Computer Room</p>		<p>Love to Live 12:00pm-12:45pm Auditorium</p>	<p>Vinyasa Yoga 5:30pm-6:30pm Banksia Room</p>	
<p>Hatha Yoga Basic 6:15pm-7:15pm Banksia Room</p>				
<p>Advanced Yoga 7:30pm-8:45pm Banksia Room</p>				