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|  |  | **Health & Wellbeing Timetable 2023 – TERM 4** | | | | |  | Updated: 1 September 2023 |
|  |  |  |  |  |  |  |  |  |
| **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |
|  |  |  |  |  |  |  |  |  |
| **Music for Tots**  **9:30am-10:30am**  **Banksia** |  | **Art for All**  **10:00am-12:00pm**  **Pine Street Hall** |  | **Music for Tots**  **9:30am-10:30am**  **Banksia** |  | **Mosaic for All**  **09:15am-11:45am**  **Pine Street Hall** |  | **Zumba Gold®**  **10:00am-11:00am**  **Cheltenham Hall** |
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| **Zumba Gold®**  **10:30am-11:30am**  **Cheltenham Hall** |  |  |  | **Line Dancing**  **10:00am-11:00am**  **Cheltenham Hall** |  | **Qigong**  **09:30am-10:30am**  **Banksia / Dual Delivery** |  |  |
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| **Coffee Time**  **10:00am-1:30pm**  **Soul Cafe** |  | **Coffee Time**  **10:00am-1:30pm**  **Soul Cafe** |  | **Coffee Time**  **10:00am-1:30pm**  **Soul Cafe** |  | **Coffee Time**  **10:00am-1:30pm**  **Soul Cafe** |  | **Coffee Time**  **10:00am-1:30pm**  **Soul Cafe** |
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| **Ball Skills for 4-5 Year Olds**  **11:15am-12:00pm**  **Banksia** |  |  |  | **Chatty Café**  **10:30am-11:30am**  **Foyer** |  |  |  |  |
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| **Fit & Feisty**  **10:30am-11:30am**  **Auditorium** |  |  |  | **Strength & Balance**  **11am-11:45am**  **Zoom** |  | **Better Balance**  **10:30am-12:00pm**  **Auditorium** |  | **Fit & Feisty**  **2:00pm-3:00pm**  **Banksia** |
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| **Better Balance**  **12:00pm-1:30pm**  **Auditorium** |  |  |  | **Music & Play for Bubs**  **11:30am-12:30pm**  **Banksia** |  | |  | | --- | | **Vinyasa Yoga**  **5:30pm-6:30pm**  **Banksia Room** | |  |  |
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| **Hatha Yoga Basic**  **6:15pm-7:15pm**  **Banksia Room** |  |  |  | **Love to Live**  **12:00pm-12:45pm**  **Auditorium** |  | **Uke ‘n Sing**  **6pm-7pm**  **Auditorium** |  |  |
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| **Advanced Yoga**  **7:30pm-8:45pm**  **Banksia Room** |  |  |  |  |  |  |  |  |
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