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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** |  |  |
|  |  |  |  |  |  |  |  |  |
| **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** |  |

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| **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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