

# Health & Wellbeing Timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Music for Tots</b> 9:30am-10:30am Banksia</p>	<p><b>Art for All</b> 10:00am-12:00pm Pine Street Hall</p>	<p><b>Music for Tots</b> 9:30am-10:30am Banksia</p>	<p><b>Mosaic for All</b> 09:15am-11:45am Pine Street Hall</p>	<p><b>Zumba Gold®</b> 10:00am-11:00am Cheltenham Hall</p>
<p><b>Zumba Gold®</b> 10:30am-11:30am Cheltenham Hall</p>	<p><b>STEADY Strength &amp; Balance</b> 10am -11am Auditorium</p>		<p><b>Qigong</b> 09:30am-10:30am Auditorium / Dual Delivery</p>	<p><b>Fitness &amp; Fun with Bubs</b> 11:15am-11:45am Banksia Room</p>
<p><b>Coffee Time</b> 10:00am-2pm Soul Cafe</p>	<p><b>Coffee Time</b> 10:00am-2pm Soul Cafe</p>	<p><b>Coffee Time</b> 10:00am-2pm Soul Cafe</p>	<p><b>Coffee Time</b> 10:00am-2pm Soul Cafe</p>	<p><b>Coffee Time</b> 10:00am-2pm Soul Cafe</p>
	<p><b>STEADY Tone</b> 11.30am - 12.30pm Auditorium</p>	<p><b>Chatty Café</b> 10:30am-11:30am Foyer</p>	<p><b>Chatty Café</b> 10:30am-11:30am Foyer</p>	<p><b>Keep Active &amp; STEADY Moves</b> 10am-12:45pm Auditorium</p>
<p><b>Fit &amp; Feisty</b> 10:30am-11:30am Auditorium</p>	<p><b>STEADY Rehab</b> 12:30pm -1:30pm Auditorium</p>			<p><b>Fit &amp; Feisty Social Program</b> 12:30pm-1pm Foyer</p>
	<p><b>Qigong</b> 2pm -3pm Auditorium</p>	<p><b>Music &amp; Play for Bubs</b> 11:30am-12:30pm Banksia</p>		<p><b>Fit &amp; Feisty Exercise</b> 1pm-2pm – Group 1 2pm-3pm – Group 2 Auditorium</p>
		<p><b>Love to Live</b> 12:00pm-12:45pm Auditorium</p>		<p><b>Fit &amp; Feisty Social Program</b> 3pm-3:30pm Foyer</p>
<p><b>Hatha Yoga Basic</b> 6:15pm-7:15pm Banksia Room</p>	<p><b>Pilates</b> 5:30pm-6:30pm Banksia</p>	<p><b>Ukrainian Art Therapy</b> 12.30pm-2.30pm Acacia</p>		
<p><b>Advanced Yoga</b> 7:30pm-8:45pm Banksia Room</p>		<p><b>Uke 'N Sing - Ukulele</b> 6pm-7pm Banksia Room</p>	<p><b>Vinyasa Yoga</b> 5:30pm-6:30pm Banksia</p>	<p><b>Ukrainian Art Therapy</b> 12pm-2pm Acacia</p>
				<p><b>Saturday</b></p>