

# TERM 4 PROGRAMMES

MONDAY 14 OCTOBER – SUNDAY 22 DECEMBER



External bookings - Contact the providers before the session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOGA</b> 8.00am – 9.00am \$12.50 per person or \$112.50 for 10 sessions		<b>YOGA</b> 8.00am – 9.00am \$12.50 per person or \$112.50 for 10 sessions	<b>PRO DANCE</b> Legends 60+ 9.30am - 10.15am Adults 10.15am - 11.15am		
<b>YIN YOGA</b> 9.15am – 10.15am \$12.50 per person or \$112.50 for 10 sessions	<b>PRO DANCE ADULTS</b> 9.30am - 10.30am	<b>SENIOR YOGA</b> 9.15am – 10.15am \$12.50 per person or \$112.50 for 10 sessions	<b>KIDDY KICKERS</b> 10.30am - 11.30am \$5	<b>THE FRIDAY BURN</b> 9.15am – 10.30am \$15.00 per person or \$135.00 for 10 sessions	
	<b>SENIOR STRENGTH</b> 11.00am - 12.00pm \$15	<b>PRO DANCE LEGENDS 60+</b> 10.30am - 11.15am	<b>BEELEAVE FOAM ROLLER PILATES</b> 12.00pm – 1.00pm		
<b>YOGA</b> 1.00pm – 2.00pm \$12.50 per person or \$112.50 for 10 sessions			<b>POCKET ROCKETS BASKETBALL</b> 3.30pm – 4.30pm	<b>YOGA</b> 1.00pm – 2.00pm \$12.50 per person or \$112.50 for 10 sessions	<b>SOCIAL PICKLEBALL</b> 1.30pm – 3.00pm \$5 per session
	<b>MINT DANCE</b> 3.30pm – 5.30pm		<b>SAMURAI KARATE</b> Little Kids 3.45pm - 4.45pm Kids 4.45pm - 6.00pm		<b>CLOSED</b> 3.00pm
<b>SOCIAL PICKLEBALL</b> 6.00pm – 8.00pm \$5 per session	<b>SOCIAL TABLE TENNIS</b> 6.00pm – 8.00pm \$5 per session	<b>SAMURAI KARATE</b> Sport Karate 4.30pm - 5.30pm Adults 5.30pm - 6.45pm	<b>PRO DANCE ADULT HIP-HOP DANCE</b> 7.30pm - 8.30pm		
<b>POLE DANCING</b> 6.00pm – 8.00pm	<b>POLE DANCING</b> 6.15pm – 8.15pm	<b>SOCIAL BADMINTON</b> 6.00pm – 8.00pm \$5 per session	<b>SOCIAL BADMINTON</b> 6.00pm – 8.00pm \$5 per session		
		<b>PRO DANCE ADULT FUNK JAZZ</b> 7.00pm - 8.00pm			

SCAN THE QR CODE TO CONTACT EXTERNAL PROGRAMMES



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