

# Term 4 Timetable

Monday

Tuesday

Wednesday

Thursday

Friday

AM

6.30am 'Early Bird' Walk

8am Strength Training

8.15am Active Living

9am Monday Walking Group

9.15am Ageless Grace

10.15am Pilates

10am Chatty Cafe

11.15am Personal Training

8am Tai Chi

9.30am Strength Training

9.30am Strength Training (Z)

10am Meditation



8.15am Strength Training

8.30am Laughter Club

9.15am Personal Training

9.30am Parents with Pram Walk

10am Watercolour

10.30am Qi Gong

11.45am Ukulele (Continuing Beginners)

8am Tai Chi

9.30am Strength Training

9.30am Strength Training (Z)

9.30am Yoga

11am Table Tennis



8am Strength Training

8.15am Tai Chi

8.30am Friday Walking Group

9am Blokes in the Kitchen (M)

9.30am Playgroup

10am Women's Reflection Circle (F)

PM

1.30pm Stitch and Chat (M)

2pm Mixed Media



6pm Yoga

7pm Charity Knitting (KOGO)

7.30pm Table Tennis

12.30pm Strength Training

12.30pm Scrabble (F)

2pm Drawing

6pm Yoga

6pm Ukulele (beginners)

6pm Ukulele (Advanced)

7pm Book Group (M)

1pm Watercolour

1.30pm Ukulele (Intermediate)



6.30pm Italian (Intermediate)

6.30pm Italian (Beginners)

12pm Strength Training

1pm MahJong



F = Fortnightly M = Monthly Z = Online



157 Union Road, Surrey Hills, 3127  
Ph: 9890 2467  
[www.surreyhillsnc.org.au](http://www.surreyhillsnc.org.au)  
[enquiries@surreyhillsnc.org.au](mailto:enquiries@surreyhillsnc.org.au)