

RECREATIONAL CENTRE ACTIVITY SCHEDULE

DAY/TIME	9AM - 11PM	12PM - 2PM	2PM - 4PM	4PM - 6PM
MONDAY	 GYM AND ZUMBA SESSION	 ART CLASSES	 YOGA CLASSES	 MEDITATION CLASSES
TUESDAY	 DANCE SESSION	 YOGA CLASSES	 MUSIC SESSION	 GYM AND ZUMBA SESSION
WEDNESDAY	 GYM AND ZUMBA SESSION	 ART CLASSES	 GYM AND ZUMBA SESSION	 MEDITATION CLASSES
THURSDAY	 MUSIC SESSION	 SEWING CLASSES	 GYM AND ZUMBA SESSION	 DANCE SESSION
FRIDAY	 YOGA CLASSES	 GYM AND ZUMBA SESSION	 DAILY TASKS SHARED LIVING	 MEDITATION CLASSES
SATURDAY	 BADMINTON & TABLE TENNIS SESSION	 BOXING & SELF DEFENCING SESSION	 PAINTING SESSION	 DAILY TASKS SHARED LIVING
SUNDAY	 PAINTING SESSION	 POOL & SNOOKER SESSION	 BOXING & SELF DEFENCING SESSION	 BADMINTON & TABLE TENNIS SESSION

NOTE: Special classes can be arranged on request. Participants can contact on **03 9276 0988** for further inquiries. Time and Day may change, please contact on **03 9276 0988** to confirm booking your seat.

