

Classes & Activities Timetable: Friday June 18 to Thursday June 24, 2021

- Classes and activities back at the Centre have a limit of 10 per space/room.
- QR Check-in must be completed on arrival and social distancing of 1.5m must be maintained.
- Masks are mandatory while at the Centre, but can be removed during strenuous exercise, and if you are unable to maintain 1.5m social distancing while outdoors.
- Only attend the centre if you are enrolled in a class.

Friday June 18

Time	Class	At Centre	Online
9.15am	Yoga for Families (make up class)	✓	
9.30am	Exercise to Music	✗	✓
10am	Art for All Abilities	✓	
10.15am	Yoga for All	✓	✓
10.30am	Tech Helpdesk	✓	
10.45am	Keep Fit Strength and Conditioning	✗	✓
11am	French Advanced Conversation	✓	
12.30pm	Mahjong Group (over 2-3 rooms)	✓	
8pm	Acoustic Music Group (group limit 10)	TBC	

Saturday June 19

Time	Class	At Centre	Online
10am	BeConnected Beginners	✓	
10am	Tech Help Desk	✓	
10am	Life Drawing	✓	

Sunday June 20

No classes or activities scheduled

Monday June 21

Time	Class	At Centre	Online
9.30am	Yoga Hatha – Continuing	✓	✓
9.30am	Balance Back to Exercise	✗	✓
10am	Nordic Walking - with Sam (off-site)	✓	
10.30am	Acrylic Painting	✓	
10.30am	Cryptic Crosswords (online)		✓
11am	Tech Private Tutoring	✓	
11.30am	Exercise to Music (with Ulla)	✓	
1pm	Advanced Watercolour	✓	
1pm	Italian Intermediate		✓
2pm	Table Tennis	✓	
2.30pm	Cryptic Crosswords (online)		✓

Tuesday June 22

Time	Class	At Centre	Online
9.30am	Yoga Hatha Continuing	✓	✓
9.30am	Exercise to Music	✗	✓
9.30am	Botanical Watercolour Illustration	✓	✓
10am	BeConnected - Beginners	✓	
10.45am	Keep Fit (Strength & Conditioning)	✗	✓
11.30am	Nordic Walking – with Ulla	✓	
11.45am	iPad Art using Procreate	✓	✓
12.30pm	Tech Helpdesk	✓	
1pm	Watercolour Painting & Mixed Media	✓	
1pm	Bobbin Lace	✓	

Wednesday June 23

Time	Class	At Centre	Online
9.30am	Yoga and Pilates	✓	✓
9.30am	Balance Back to Exercise	✓	✓
9.30am	Tech Private Tutoring	✓	
10am	Chinese Brush Painting	✓	
10am	Walking Group (outdoors)	✓	
10.45am	Raja Yoga	✓	✓
12pm	Your Healthy Spine	✓	
1pm	Spinners & Knitters	✓	
2pm	Ukulele (Intermediate/Advanced)	✓	✓
3.30pm	Ukulele (Beginners)	✓	✓

Thursday June 24

Time	Class	At Centre	Online
9am	Fit For You	✓	✓
9.30am	Slow Flow Yoga	✓	✓
9.45am	Mini Groovers	✓	
10am	Ageless Grace	✓	
10.30am	Mat Pilates (with Bill)	✓	✓
10.30am	Craft, Coffee & Chat	✓	
10.45am	Yin Yoga	✓	✓
11am	Floral Art Group	✓	
1pm	Patchwork & Handwork Group	✓	
7.30pm	Your Healthy Spine	✓	

Friday June 25 onwards to be advised once the level of restrictions is confirmed.