

CLASS SCHEDULE TERM 3 2025

MONDAY

HATHA YOGA

Gentle Yoga with Angela
21 July - 15 September (9wks)
9.15am - 10.15am
FF \$145; C \$135

HATHA YOGA

Mindful Hatha with Martina
21 July - 15 September (9wks)
10.30am - 11.30am
FF \$145; C \$135

CHAIR YOGA with Martina

21 July - 15 September (9wks)
11.45am - 12.30pm
FF \$145; C \$135

TUESDAY

SLOW FLOW YOGA

with Nicky
22 July - 16 September (9wks)
9.15am - 10.15am
10.30am - 11.30am
FF \$145; C \$135

CONVERSATION EN FRANCAIS

with Isabelle
22 July - 16 September (9wks)
10am - 12pm
FF \$190; C \$180



WEDNESDAY

STRENGTH CLASS

Strong & Active with Pauline
23 July - 27 August (6wks)
9.45am - 10.45am
FF \$105; C \$100

STRENGTH CLASS

Steady & Strong with Pauline
23 July - 27 August (6wks)
11am - 12pm
FF \$105; C \$100



THURSDAY

MAT PILATES with Pearl

24 July - 18 September (9wks)
9.30am - 10.30am
10.30am - 11.30am
FF \$145; C \$135

PLAYGROUP FUN

6mths-4yrs
24 July - 18 September (9wks)
9.30am - 11.30am
Term \$35 per family
or Casual \$5 per session



FRIDAY

STRENGTH CLASS

Steady & Strong with Pauline
25 July - 19 September (9wks)
9.15am - 10.15am
FF \$145; C \$135

JAPANESE PLAYGROUP

25 July - 19 September (9wks)
11.00am - 1.00pm
\$3 per session



FREE SESSIONS
Bookings Essential



Gain confidence & skills to get online safely

**Be Independent.
Be Connected.**

BOOK A FREE DIGITAL HELP SESSION!
FRIDAYS 9.30-10.30AM
Iphone, Android, Ipad & Tablets
BOOKINGS ESSENTIAL



PLANNING AHEAD
Thursday 4 September 1.30-3.00pm

An introduction to end of life documentation with The Practical Doula, Melanie Cookes

FREE



MONASH AGED SERVICES
Information Session
Thursday 11 September 1.30pm
Kerrie Rd Neighbourhood House

FREE

SPANISH: BEGINNER PLUS

21 July - 15 September (9wks)
1.30pm - 3.30pm
FF \$180; C \$170

SALSA with Ana

21 July - 15 September (9wks)
4pm - 5pm
FF \$145; C \$135

YOUNG CREATORS

Art with Fathima
21 July - 15 September (9wks)
4pm - 5pm (Ages 6-8)
5.05pm - 6.05pm (Ages 9-13)
Cost \$135

ART 101: ART FOR BEGINNERS
with Christine
Returns Term 4

FRENCH: BEGINNER PLUS

with Isabelle
22 July - 16 September (9wks)
1pm - 3pm
FF \$190; C \$180

KNIT & KNATTER

22 July - 16 September (9wks)
12.30pm - 3pm
\$3 per session

SIMPLY ART

with Christine
22 July - 16 September (9wks)
1pm - 3pm
FF \$175; C \$165

YIN YANG YOGA with Yvonne

22 July - 2 September (7wks)
6pm - 7pm
7.15pm - 8.15pm
FF \$115; C \$105

TEXTURE & THREADS

Mixed Media
Workshop
Plaster, Paint
& Fabric

WEDNESDAY (4WKS)
6 - 27 AUGUST 2025
10AM - 12PM
COST \$100



MINI CHEF: KID'S KITCHEN

Cooking Class (8-13yrs)
23 July - 13 August (4wks)
4pm - 5pm
Cost \$80



CONCESSION (C)
APPLICABLE TO
HOLDERS
OF A HEALTHCARE
CARD OR PENSIONER
CONCESSION CARD

ART WORKSHOPS

FOOD WORKSHOPS

QIGONG with Vickie
Mind Body Movement
Returns Term 4

YOUNG CREATORS

Art with Mary
24 July - 18 September (9wks)
4pm - 5pm (Ages 6-8)
5.05pm - 6.05pm (Ages 8-12)
Cost \$135

HATHA YOGA with Martina
24 July - 18 September (9wks)
6pm - 7pm
FF \$145; C \$135

THE ART OF CHEESE

LEARN HOW TO
MAKE MOZZARELLA,
PANEER, RICOTTA &
HALOUMI

THURSDAY 7 AUGUST
1.00 - 2.30PM
COST \$55



**INTRODUCTION
TO INDIAN
COOKING**

\$45

**THURSDAY
14 AUGUST
12 - 1.30PM**

