

## November-December 2019

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room		
8:00-8:30			CCC Club																			8.15 HIIT		
8:30-9:00			CCC Club																				Bootcamp	
9:00-9:30				Regular																		Regular	9.15am- 9.15 am	
9:30-10:00				Community	Pilates																	Community	Kumon	Yoga (Tessa)
10:00-10:30		Diddi Dance		Hire	Ankor	10.15am-				Les Petits Tigres												Hire	Kumon	
10:30-11:00		Diddi Dance			Table tennis	Yoga				Les Petits Tigres													Kumon	
11:00-11:30					Table tennis	Yoga				Pilates Post-natal													-11.15am	
11:30-12:00					Table tennis	-11.45am				11.45														
12:00-12:30					Table tennis					12:15 Acupuncture														
12:30-1:00					Table tennis					Stretch & Strength														
1:00-1:30	CHI GONG				Table tennis					- 1.15pm														
1:30-2:00	CHI GONG				Table tennis					12 noon-7pm														
2:00-2:30	CHI GONG	Feldenkrais																						
2:30-3:00	ZUMBA	Yeu-Meng																						
3:00-3:30	ZUMBA		CCC Club																					
3:30-4:00	3:45pm-		CCC Club																					
4:00-4:30	Kids Street Dance	4.15pm-	CCC Club																					
4:30-5:00	Kids Street Dance	Kumon	CCC Club	Regular																				
5:00-5:30		Kumon	CCC Club	Community	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club																	
5:30-6:00	Zumba	Kumon	CCC Club	Hire	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club																	
6:00-6:30	Zumba	-6.15pm	CCC Club		Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club																	
6:30-7:00	Yoga (Roberta)				Kids Ballet (Fairweather)	Kids Ballet (Fairweather)																		
7:00-7:30	Yoga (Roberta)	Kettlebells	PANTO		7.15pm-	Yoga																		
7:30-8:00	Yoga (Jean)	Kettlebells	PANTO		Tai Chi	Yoga																		
8:00-8:30	Yoga (Jean)	HIIT	PANTO		Tai Chi	8.15-																		
8:30-9:00	Yoga (Jean)		PANTO		Tai Chi	GA																		
9:00-9:30			PANTO			-9.45																		

# CENTRE ACTIVITIES AT A GLANCE