

# THE COTTAGE @ THE COAST CENTRE

Dance - Pilates - Tai Chi - Exercises - Qigong - Meditation

Everyone is welcome, casual visits and payment for most class accepted.

Tel 9311 4886 for enquiries or just turn up.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 - 10:30 Yoga with Raj	7:45 - 8:45 Yoga with Erika	9:00 - 11:00 CS Ready Set Dance	7:45 - 8:45 Yoga with Erika	9:00 - 11:00 CS Ready Set Dance		8:30 - 9:45 Yoga with Ania
11:00 - 12:00 Tai Chi with Jan	9:30 - 10:45 Qigong with Simon	9:30 - 10:30 Yoga in Main Bldg	9:30 - 10:45 Qigong with Simon		9:30 - 10:30 Jazzercise with Yanti	
2:00 - 3:00 Spanish For Beginners	11:00 - 12:00 Tone & Tighten with Robina	11:45 - 12:45 History	11:00 - 12:00 Chair Yoga with Erika		12:30 - 1:30* Laughter Yoga with Raj *Fortnightly	
3:45 - 4:45 Pilates	1:00 - 2:00 Chair Yoga with Erika				2:00 - 5:00 CS Dance	
6:30 - 7:30 Jazzercise with Yanti	2:15 - 3:45 Ukeleles					
	4:00 - 7:30 CS Dance	4:00 - 7:00 CS Dance				

## CONTACTS

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**THE COTTAGE - Cnr Ewing & Pine Ave, Little Bay**  
[www.coastcentre.org.au](http://www.coastcentre.org.au)