

Venue Hire Available SUNDAYS Only



**The Cottage**



**Heritage Hospital Rooms**



**Art  
Aerobics  
Craft  
Dance  
Pilates  
Qigong  
Yoga  
Computers  
+  
Devices**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY
7:30				STRETCH & CORE - Erika - ●		YOGA - Amy ●
7:45		YOGA - Erika ●				
8:15			PILATES - Danielle			
8:30	YOGA - Raj ●		YOGA - Raj RESISTANCE TRAINING - Shaun	YOGA - Erika - ●		
9:00		Cape Banks Family History Group	STITCHES CRAFTS & CHAT - Pat	AEROBICS - Natalie	DANCE BRAIN - Danielle	JAZZERCISE - Yanti ●
9:15	ITALIAN Intermediate - Daniel					
9:30	RANDWICK ART SOCIETY	ITALIAN Intermediate- Maria <i>Hibiscus Rm</i>	CHAIR DANCING - Tanya AEROBICS - Danielle RESISTANCE TRAINING FOR MEN - Shaun ART Oils - Teresa	STRENGTH/RESIST- Robyn	STRETCCH + STRENGTH - Robina	
10:00	RESISTANCE - Manal COMPUTER 1 ON 1- Caroline	COMPUTER 1 ON 1 - Peter ART - Watercolours -Harry <small>Art Studio</small> BRIDGE			FOLK ART - Desolea	
10:15					SINGING - Danielle TBC	
10:30	AEROBICS Gentle - Tanya SPANISH Beginners - Marilo Zoom		DANCERCISE - Tanya	MIND, MOVE, DANCE - Tanya	FRENCH Intermediate - Eveline	
10:45		TONE & TIGHTEN - Robina				
11:00	ITALIAN Continuers - Daniel CHAIR YOGA - Erika ●			CHAIR YOGA - Erika ●	TAP - Robina ITALIAN ON ZOOM - Dan	C5 DANCE ●
11:15	BARRE - Danielle					
11:30			PATCHWORK/QUILTING Jackie	CROCHET/KNITTING - Barbara		
12:00						
12:15	YIN YOGA - Danielle	TABLE TENNIS - 2 hr		TABLE TENNIS - 2 hr		
12:30	SPANISH Next Step - Marilo Zoom					
1:00	TECHNOLOGY FORUM - 1st & 3rd Mon	TAP 1 - Robina PATCHWORK/QUILTING Jackie <small>Art Studio</small> ART - Amanda	CHOIR - (Temp Closed)	ART Drawing - Pat		
1:30	AEROBICS - Luda					
2:00						
2:15		UKELELES with Sue ●				
6:00						
6:30	JAZZERCISE - Yanti ●	FELLOWSHIP ●	JAZZERCISE - Yanti ●	FELLOWSHIP ●		

**CONTACTS**

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Legend :  
Classes in the Cottage → ●  
All other Classes in the Heritage Rooms

**THE COTTAGE & Heritage Hospital Rooms**  
Cnr Ewing & Pine Ave,  
Little Bay

Everyone is welcome...  
Casual visits and payments for  
most classes accepted.

Enquires -  
E. administration@coastcentre.org.au

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Check our website  
www.coastcentre.org.au