

ACTIVITY TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | 8:45 - 4:30 HUONVILLE BIKE COLLECTIVE (Ant) | 8:45 - 4:30 HUONVILLE BIKE COLLECTIVE (Ant) | | 6:30 - 7:30 RMC STRENGTH CLASS (Hannah) |
| 11:00 - 12:00 JUST MOVE (Emma) | 9:30 - 10:30 RMC STRENGTH CLASS (Hannah) | | 9:30 - 10:30 RMC STRENGTH CLASS (Hannah) | |
| 1:00 - 2:00 SENIORS LOW MOBILITY CLASS (Emma) | 9:30 - 10:45 GENTLE YOGA (Claire) | | | |
| | 10:00 - 11:30 HEALTHY COOKING FOR SENIORS (Emma) | 3:00 - 6:00 REACHING MILESTONES (PCYC) | 9:30 - 10:30 WALKING GROUP | |
| | 1:30 - 2:30 STAY ON YOUR FEET (Emma) | 3:00 - 5:00 HIGH SCHOOL 'DROP IN' CENTRE (PCYC) | 12:00 - 1:00 PILATES (Ash) | 1:00 - 3:30 PICKLEBALL |
| | 5:30 - 6:30 RMC STRENGTH CLASS (Hannah) | 5:00 - 6:00 (Beginners and non-competitive players) PICKLEBALL | 3:30 - 5:00 BASKETBALL (Izaak, Harry & Tayla) | |
| 05:30 - 7:00 MUAY THAI (Shane) | 5:30 - 7:00 BOXING (Ricky) | 5:30 - 7:00 MUAY THAI (Shane) | 5:30 - 7:00 BOXING (Ricky) | |
| | 6:15 - 7:00 5 X 5 - HIIT CLASS (Monique) | 6:00 - 7:30 (Advanced and competitive players) PICKLEBALL | 6:15 - 7:00 5 X 5 - HIIT CLASS (Monique) | |
| | | | 6:00 - 7:30 (Juniors) 7:30 - 9:00 (Seniors) JUDO (Aiden) | |