

SHORT COURSES PROGRAM

DUNCRAIG RECREATION CENTRE (TERM 1, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday
Hatha Yoga 9.30am – 11.00am	Pilates 9.00am – 10.00am	Hatha Yoga 9.30am – 11.00am	Music and Movement (1-2 years) 9.00am – 9.45am	Tai Chi Beginners 9.00am – 10.00am
Toddler Bop (2 years) 9.30am – 10.00am	Pilates 10.00am – 11.00am	Toddler Bop (1-2 years) 9.30am – 10.00am	Watercolour Painting 9.30am – 12.00pm	Tai Chi Continuing 10.00am – 11.00am
Toddler Bop (1-2 years) 10.00am – 10.30am	Pilates 11.00am – 12noon	Toddler Bop (2-5 years) 10.00am – 10.30am	Music and Movement (2-4 years) 9.45am – 10.30am	
Toddler Bop (2-3 years) 10.30am – 11.00am	Pilates 6.00pm – 7.00pm	Tiny Tots Ballet (2-3 years) 10.45am – 11.15am	Tiny Tots Ballet (2-3 years) 10.30am – 11.00am	
Toddler Bop (2-5 years) 11.00am – 11.30am		Tiny Tots Ballet (3-5 years) 11.15am – 11.45am	Tiny Tots Ballet (2-3 years) 11.00am – 11.30am	
Hatha Yoga 6.45pm – 8.15pm		Tiny Tots Ballet (3-5 years) 11.45am – 12.15pm	Tiny Tots Ballet (3-5 years) 11.30am – 12noon	
			Tiny Tots Ballet (3-5 years) 12noon – 12.30pm	
			Pilates 6.15pm – 7.15pm	