



Beacy House

As at Jun 2021

Classes & Groups

TONE & BALANCE	Monday	9:30 am—10:30 am	\$7 per session
PILATES (run by private business)	Monday	10:45 am—11:45 am	\$12 per session
WALKERS	Monday	11:30am* <small>*time can change. Provide your mobile to be notified</small>	FREE
LETS	2nd Mon Month	11:00 am—12 noon	membership
TAI CHI (run by private business)	Monday	1:45 pm—2:45 pm	From \$8 p/session
CIRCUIT	Tuesday	9:30 am—10:30 am	\$7 per session
WALKERS	Tuesday	9:00 am*	FREE
MORNING TEA	Tuesday	10:00 am—11:00 am	\$2 per session
PILATES (private)	Tuesday	10:45 am—11:45 am	\$12 per session
CARERS	2nd Tues Month	1:00 pm—2:30 pm	Gold Coin
THE FUN STATION	Tuesday (School terms)	3:00 pm—4:45 pm	FREE
WALKERS	Wednesday	9:00 am*	FREE
PILATES (private)	Wednesday	9:00 am—10:00 am 10:15 am—11:15 am	\$12 per session
KNITTING/CRAFT	Wednesday	10:00 am—12 noon	\$2 per session
DIABETIC SUPPORT	3rd Wed Month	1:30 pm—3:30 pm	Gold Coin
WALKERS	Thursday	9:00 am*	FREE
PILATES (private)	Thursday	8:30 am—9:30 am	\$12 per session
POUND (exercise)	Thursday	9:40 am—10:40 am	\$7 per session
SPINNING	Thursday	10:00 am—3:00 pm	\$2 per session
FREE2B GIRLS GROUP	Thursday (school terms)	3:00pm—4:30 pm	FREE
WALKERS	Friday	9:00 am*	FREE
PILATES (private)	Friday	9:00 am—10:00 am 10:15 am—11:15 am	\$12 per session
CRYPTIC CROSSWORDS	Friday	10:00 am—12 noon	\$2 per session
SEWING	Friday F/N	1:00 pm—3:00 pm	\$2 per session