



Beacy House

As at Oct 2020

Classes & Groups

TONE & BALANCE	Monday	9:30 am—10:30 am	\$7 per session
PILATES (run by private business)	Monday	10:30 am—11:30 pm	\$12 per session
LETS	2nd Mon Month	11:00 am—12 noon	FREE
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
Heart Foundation Walkers	Tuesday	10:40 am—11:40 am	FREE
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 Year)	3:00 pm—4:45 pm	FREE
PILATES (private)	Wednesday	9:30 am—10:30 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
PILATES (private)	Thursday	8:30 am—9:30 am	\$12 per session
Heart Foundation Walkers	Thursday	9:30 am—10:30 am	FREE
GET FIT THURSDAY	Thursday	9:30 am—10:30 am	\$7 per session
SPINNING	Thursday F/N	10:00 am—3:00 pm	\$2 per session
PILATES (private)	Friday	9:30 am—10:30 am	\$12 per session
CRYPTIC CROSSWORDS	Friday	10:00 am—12 noon	\$2 per session
ART GROUP	Friday	10:30 am—2:30 pm	\$2 per session
SAVVY SEWING	Fridays F/N	1:00 pm—3:00 pm	\$2 per session



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