





Mitcham


Community House

Term 3 Online Classes

All exercise & French classes run via Zoom. EAL classes run via Google Classroom. ***New** French Beginners classes cost \$50/5wks

Monday	Tuesday	Wednesday	Thursday	Friday
9.00-10.15am Strength Training 20 Jul-14 Sep	9.00-10.00am Pilates 21 Jul-15 Sep	*New 10am-12noon French Beginners 19 Aug-16 Sep	9.00am-12 noon EAL 23 Jul-18 Sep 	9.00am-12 noon EAL 23 Jul-18 Sep 
10.40-11.40am Chair Yoga 20 Jul-14 Sep	9.30-11.30am French Intermediate 21 Jul-8 Sep			9.30-10.45am Strength Training 24 Jul-18 Sep
	10.15-11.30am Strength Training 21 Jul-15 Sep	1.00-2.00pm Chair-based exercises 22 Jul-16 Sep		10am-12 noon French Advanced 24 Jul-11 Sep
6.30-7.30pm Pilates 20 Jul-14 Sep	6.30-8.30pm French Intermediate 21 Jul-8 Sep		6.15-7.15pm Pilates 23 Jul-18 Sep	11am-12.15pm Strength Training 24 Jul-18 Sep
7.00-8.00pm Yoga 20 Jul-14 Sep	7.00-8.00pm Yoga 21 Jul-15 Sep	*New 5.30-7.30pm French Beginners 19 Aug-16 Sep		
8.30-9.30pm Relaxation & Meditation 20 Jul-14 Sep				

Contact our office to find out more.

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