Mitcham
Community House

Term 1 2021 Zoom Classes

Exercise classes are running in house with a zoom option available to participants. The French class listed below is running only on zoom. All other on site classes are listed in our semester course guide.

Monday	Tuesday	Wednesday	Thursday	Friday
8.50-10.05am **Strength Training** 1 Feb-29 Mar Lea Young				
10.40-11.40am **Chair Yoga** 1 Feb-29 Mar Debra Morgan		1.00-2.00pm **Chair-based exercises** 3 Feb-31 Mar Jane Bouwmeester		11am-12.15pm **Strength Training** 5 Feb-26 Mar Lea Young
				1.30-2.30pm **Balance** 5 Feb-26 Mar Jane Bouwmeester
	6.30-8.30pm **French Pre-intermediate** 9 Feb-30 Mar Lucy Woollard			

Contact our office to find out more.

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