

HEALTH & FITNESS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Strength Training*#		9:15am - 10:45am		9:15am - 10:45am			
	Yoga with Ellen	9am - 10am						
	Gentle Exercises - Energy#	9:30am - 10:30am						
	Gentle Exercises - Easy#	10:30am - 11:30am						
	Bayside Tai Chi		12noon - 1:30 pm					
	Zumba Gold#					9:45am - 10:30am		
	Zumba with Steph						9am - 10am	
	Line Dancing*#				1pm - 3pm			
HIGHETT	Pilates#	6pm - 7pm						
	MetaFit	9:15am - 9:45am						
	MetaPWR			9:15am - 9:45am				
	Boxing for Fitness		6pm - 7pm					
	Movement to Music#		10:30am - 11:30am					
	Tai Chi	10am - 1pm						
	Qi Gong					11:15am - 12:45pm		
	Pranic Healing and Meditation Group			7:30pm - 9:30pm				
	SuckerPunch	6:30pm - 7:30pm	6am - 7am		6:30pm - 7:30pm	6am - 7am		
	Create Movement Pilates					6:30am - 7:30am		
	Wellness with Sound Healing (Once a month)					7pm - 9:30pm		



CREATIVE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Acrylic Painting		9am - 11:30am		1pm - 3:30pm			
	Drawing				10am - 12noon			
	Pottery	12:30pm - 2:30pm			6pm - 8pm			
	Printmaking Open Studio	10am - 12noon						
	Craft Group			9am - 11am				
	Paint, Draw and Create				1pm - 3pm			
	Art Classes with Nicole		1pm - 3pm					

DANCE, MUSIC & THEATRE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Line Dancing*				1pm - 3pm			
	ParkinSong (Fortnightly)					1pm - 3pm		
	HMPTN Dance Club (3rd Sat month)						6pm - 11pm	
	JAM Music Therapy			3:30 pm - 8:30 pm				
	O'Grady Drama	5pm - 6pm						
Kinderballet™		www.kinderballet.com.au						
BAM - All Abilities Hip Hop				6pm - 7:30pm				

Learn more and book at www.baysidecommunitycentres.org.au

  @highettcommunityhouse @hampton_community_centre

#Classes run continuously throughout the year. *Fitness Loyalty Card can be used.
Times are subject to change. Please check our website for the latest information.

EDUCATION & LANGUAGE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Creative Writing with Janet	1pm - 3pm						
	Spanish - Beginners via Zoom			12noon - 1:30pm				
	Spanish A1			2pm - 3:30pm				
	Spanish A1 via Zoom		7pm - 8:30pm	10:30am - 12noon				
	Spanish A2 via Zoom		6:30pm - 8pm	9am - 10:30am				
	Spanish B1			11:30am - 1pm				
	Spanish B1 via Zoom		5pm - 6:30pm					
	Spanish chat, nibbles and wine (1st Mon month)	7pm - 8:30pm						
Creative Writing with Megan#					12noon - 2pm			

CHILDREN & TEENS

		MON	TUE	WED	THURS	FRI	SAT	SUN
	Hungarian Playgroup					10am - 12noon		
	Italian Language for Children						10am - 1pm	
HIGHETT	Student Tutoring - Free		4pm >	4pm >	4pm >			
	Dad's Playgroup			9.30am - 11am				
	Chinese Playgroup				9:30am - 11am			
	Chinese Kinder						9:30am - 10:30am	

SOCIAL & SUPPORT GROUPS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Walk and Talk			10:45am - 11:30am				
	Book Club (3rd Tue month)#		1:30pm - 3pm					
	The Bayside Polio Group (1st Tue month)#		12:30pm - 2:30pm					
	Food Addicts#		7pm - 9:30pm					
	Bayside Bushwalking Club (1st Mon month)	7:30pm - 9:15pm						
	Hampton Games Club#						12noon - 6pm	
	Oasis Church							9am - 1pm
HIGHETT	Chatty Cafe		10am - 11am					
	Seniors Table Tennis#			9:15am - 11:15am		9:15am - 11:15am		
	Highett Greek Seniors#				9am - 2pm			
	Seniors Canasta#		10am - 2pm				12noon - 3pm	
	Melbourne Men's Group (2nd Tue month)		7:30pm - 9:30pm					



FREE ACTIVITIES		WEDNESDAY'S AT HAMPTON COMMUNITY CENTRE	
HAMPTON	Walk and Talk	10:45am - 11:30am	Join us for a walk to the beach
	Chatty Cafe	11:30am - 12:30pm	Enjoy a cuppa and a good chat with friendly volunteers from Chatty Cafe
	Nourish Lunch	12:30pm - 1:30pm	Enjoy a nutritious free lunch with us and members of your community
	Wildcard Wednesday	1:30pm - 2:30pm	Trial one of our fabulous classes, classes will change each week



Listen out for us on 88.3 Southern FM every fourth Tuesday of the month between 2 - 3pm.