

HEALTH & FITNESS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Hatha Yoga with Ellen	9am - 10am						
	Exercise with Kaye - Energy	9:30am - 10:30am						
	Exercise with Kate - Easy	10:30am - 11:30am						
	Joon No's Taekwondo	4:30pm - 7:30pm					1pm - 3pm	
	Bayside Bush-walking Club	7:30pm - 9:15pm						
	Strength Training		9:15am - 10:45am		9:15am - 10:45am			
	Yoga with Rita		7pm - 8:15pm					
	Line Dancing				1pm - 3pm			
	Zumba Gold					9:45am - 10:30am		
	Zumba with Steph						9am - 10am	
Jazzercise							7:45am - 8:45am	
HIGHTT	Pilates	6pm - 7pm						
	Tai Chi - Beginners	10am - 11am						
	Tai Chi - Advanced	11am - 12noon						
	Movement to Music		9:15am & 10:30am					
	Boxing with Sara		6pm - 7pm					
	BeCore Pilates		7pm - 8pm					
	Pranic Healing and Meditation Group			7pm - 8pm				
	Qi Gong					11:15am - 12:45pm		
	Create Movement Pilates				6:15am, 9:30am & 10:30am			
	Wellness with Sound Healing †					7:30pm - 9pm		
MetaFit					6:15am - 6:45am	6:15am - 6:45am		

CREATIVE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Pottery	12:30pm - 2:30pm		1pm - 3pm	6pm - 8pm			
	Creative Writing	1pm - 3pm						
	Acrylic Painting		10am - 12pm		1pm - 3pm			
	Paint, Draw, Create				1pm - 3pm			
	All Abilities Art Class					12:30pm - 2:30pm		
HIGHTT	Watercolour with Diana	1:30pm - 3:30pm						
	Creative Writing	6pm - 8pm						

Also see "Children's & Teens" section

SOCIAL & SUPPORT GROUPS

		MON	TUE	WED	THURS	FRI	SAT	SUN
	Oasis Church							9am - 1pm
HIGHTT	Seniors Canasta		10am - 2pm				12noon - 3pm	
	Food Addicts Anonymous †		7pm - 8:30pm					
	Melbourne Men's Group †		7:30pm - 9:30pm					
	Seniors Table Tennis			9:15am - 11:15am		9:15am - 11:15am		
	Justice of the Peace (JP) #			12.30pm - 2pm				

Also see "Nourish Activities" to the right

Classes and times are subject to change. See website for the latest up to date details. #Runs in School terms only. †Runs monthly. Please check our website for the latest information and to book www.baysidecommunitycentres.org.au

EDUCATION & LANGUAGE

	MON	TUE	WED	THURS	FRI	SAT	SUN
Spanish Language Classes	See our website for further details, times and levels						
Book Club †		1:30pm – 3pm					
Student Tutoring - Free		4pm >	4pm >	4pm >			

CHILDREN & TEENS

	MON	TUE	WED	THURS	FRI	SAT	SUN	
HAMPTON	Kids Creative Art Time	10am -12noon						
	O'Grady Drama	5pm - 6pm						
	Dancentre Hip Hop		4:15pm & 5pm					
	Little Rockets Speech			9am - 5pm	9am - 5pm			
	Hungarian Playgroup				10am - 12noon			
	Art2Heart				4pm – 5pm			
	Bayside Ballet Academy				4:45pm - 5:30pm			
	Italian Language for Children						10am - 1:30pm	
	Australian Children's Orchestra						2pm - 4pm	
	Dance for Joy	See our website for further details, times and levels						
HIGHETT	Student Tutoring - Free		4pm >	4pm >	4pm >			
	The Lab			4:30pm - 6:30pm				
	BAM - All Abilities Hip Hop			6:30pm - 7:15pm				
	Mandarin Seed						9am - 10:45am	
	Gourmet Kids	See website for further details and times						
	Kinder-ballet	www.kinderballet.com.au						

Also see "Dance, Music & Theatre" and "Health & Fitness" section

DANCE, MUSIC & THEATRE

	MON	TUE	WED	THURS	FRI	SAT	SUN
HAMP	JAM Music Therapy		4:30 pm - 8:30 pm				
	Line Dancing			1pm - 3pm			

Also see "Children & Teens" section



NOURISH ACTIVITIES

	DAY	TIME	DESCRIPTION	
HAMPTON	Grief & Loss Support Group †	Wednesdays	9:15am	Support group to guide you through the grieving process. Runs monthly†
	Walk and Talk	Wednesdays	10:30am	Join us for a walk to the beach
	Chatty Cafe	Wednesdays	11:15am	Enjoy a free cuppa and a chat
	Nourish Lunch#	Wednesdays	12noon	Enjoy a nutritious free lunch with us and members of your community.
	Seated Yoga#	Wednesdays	1pm	Seated Yoga can improve your flexibility, concentration and strength. Provided by Reclink
	Woman's Support Group †	Wednesdays	1pm	Share your lived experiences with other women and receive support. Runs monthly†
HIGHETT	Chatty Cafe	Tuesdays	11:15am	Enjoy a free cuppa and a chat
	Self-Care Support Group †	Tuesdays	12:30pm	Explore different ways to help support your coping skills, healing and mental wellbeing? Runs monthly†
	Woman's Support Group †	Tuesdays	12:30pm	Share your lived experiences with other women and receive support. Runs monthly†

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