



# Term 1 2025 Timetable

Tuesday 28th January - Friday 4th April 2025



## Monday

**Happy Kids Sports**  
9:30am - 11:10am

**Art Workshop**  
10am - 12pm

**Stronger Together with Caroline**  
10am - 11am

**Fitness with Shelley**  
12pm - 1pm

**Craft A Noon**  
1pm - 3pm

**Zone Academy Acrobatics**  
4pm - 6:30pm

**Sound Healing**  
7pm - 8pm

## Tuesday

**Fitness with Shelley**  
10am - 11am

**Zone Academy Acrobatics**  
4pm - 7pm

**Limelight Acting**  
4pm - 6.30pm

**Zumba with Alenka**  
7:30pm - 8:30pm



## Wednesday

**Patchwork**  
9am - 12pm

**Playgroup**  
9:30am - 11am

**Bike Riding Group**  
9:30am start ride

**Chatty Cafe**  
10am - 12pm

**French Connection**  
1pm - 2.30pm

**German Connection**  
1.15pm - 2.45pm

**Line Dancing**  
1pm - 3pm

**Kids Indoor Soccer**  
4:15pm - 5pm

**Pilates**  
6pm - 6:45pm

**Table Tennis**  
7pm - 9pm

## Thursday

**NEW** **Slow Flow Yoga**  
9:30am - 10:30am

**Fitness with Shelley**  
9:30am - 10:30am  
11am - 12pm

**Social Walking Group**  
10am - 11am

**NEW** **Chair Yoga**  
11am - 12pm

**Tai Chi & Qigong**  
1pm - 2:15pm

**Zone Academy Acrobatics**  
4pm - 6:30pm

**Boogie Bounce**  
6.30pm - 7.30pm

## Friday

**Happy Kids Sports**  
9:30am - 11am

**Bayside Japanese Playgroup**  
10.30am - 12pm

**Art with Nic**  
10am - 12pm

**Canasta**  
1pm - 3pm

**Junior Karate**  
4:30pm - 5:30pm

**Ballroom Dancing with Janette**  
7pm - 10pm

### NEW CLASSES !?

Chelsea Heights Community Centre aims to meet the needs and interests of our community

**Do you have an idea for a new class or activity?  
Please share your idea with us!**

### Chelsea Heights Community Centre

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