

# COMMUNITY TIMETABLE Term 3 - 2022



Group Classes – Adult – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am						Pilates Finetune Fitness	
9:30am				Community Yoga - Lisa Kent			
5:30pm			Pilates Finetune Fitness				
6pm				Community Yoga - Lisa Kent			
7pm			Breakaway Fitness				
7:30pm			7:00-8:00pm 15 June 13 July 10 August 7 September 5 October 2 November 14 December	Breathe & Evolve 16 June 14 July 11 August 8 September 13 October 10 November 8 December			

For more information or to make a booking use the contact details below.



Finetune Fitness – Pilates  
Peter Cameron  
0411 152 449



### Breathe & Evolve Healing

Connect with the divine source for your highest good as you journey through vibrations to help you relax, release and recharge. Sessions are an hour of meditation with crystal energies, Reiki Seichem and sound healing with crystal bowls, drum, solfeggio frequencies and chanting. Benefits include relaxation, easing physical pain, stress relief, unblocking trauma and personal development. 10% discount for SLSC members.

Sarah 0430 146 624  
Kate 0411 428 075



Community Yoga  
Lisa Kent  
0430 160 155



### Breakaway Fitness

Come along and join us of a Wednesday evening for our dance inspired fitness classes (for ALL fitness levels) that are so much fun you will forget that you're even working out. Bring a Friend or two and ignite your passion for dance with Breakaway Fitness!

For more information please kindly head to our Facebook Page @breakawayfitnessaustralia



# COMMUNITY TIMETABLE Term 3 - 2022



## Group Classes – Children – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm		Children's Yoga Classes - Harmony Yoga 3:45-4:45pm		Children's Yoga Classes - Harmony Yoga 3:45-4:45pm			

## Community Group Meetings – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7pm			Peel 4x4 Club  27 July 24 August 28 September 26 October 23 November 28 December				

For more information or to make a booking use the contact details below.

**Harmony Yoga**  
Tammy Taylor  
0403 303 607



**Helen O'Grady Drama Academy**  
Our classes offer children a great way to gain on-going confidence and skill in verbal communication through drama-based activities and play. Bookings essential.  
Kristen  
0438 455 948  
or enrol online [helenogrady.net.au](http://helenogrady.net.au)



**Peel 4WD Club**  
Visitors are welcome to Peel 4x4 Club. Originated in 1998, we are a family friendly 4WD club. We enjoy day trips, overnights, weekend trips and longer stay trips while always having fun!  
Chris Jones  
0419 539 176  
Find us on Facebook, Instagram and YouTube