

# COMMUNITY TIMETABLE Term 4 - 2023



Group Classes – Adult – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20 - 5:50am	CORE Finetune Fitness	CORE Finetune Fitness	CORE Finetune Fitness	CORE Finetune Fitness	CORE Finetune Fitness	Pilates Finetune Fitness	
5:55 - 6:25am	5:20 to 5:50am	5:20 to 5:50am	5:55 to 6:25am	5:20 to 5:50am	5:20 to 5:50am	6:30 to 7:30am	
6:30 - 7:30am							
9:30am				Salt and Mantra YOGA			
5:00pm	Personal Pilates Laura Taylor						
5:30pm			Pilates Finetune Fitness				
6pm	Personal Pilates Laura Taylor			Salt and Mantra YOGA			
7pm to 8pm				Breathe & Evolve 10 October 2023 16 November 2023 14 December 2023 11 January 2024 1 February 2024 29 February 2024 21 March 2024			

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



## Salt and Mantra - YOGA

Booking Direct  
Link: <https://saltandmantra.as.me/YOGA>  
Or select BOOK NOW on our website.  
Enjoying your Yoga?  
Why not check out our Multi-Session Passes for 5 or 10 sessions and save!!

### Morning Flow - Thursdays - 9:30am - 10:30 am

Enjoy a slow, gentle flow designed to meet the needs of all levels of experience. Perfect for the new students - both to surf and yoga. Based on Vinyasa, you will move with your breath and find space to work within your own range of movement.

### Vinyasa Flow - Thursdays - 6:00pm - 7:00pm

Enjoy a slow, deep Vinyasa flow designed to meet the needs of all levels of experience. Move with your breath, explore strength and range of motion. Walk away feeling blissed out and connected to your body and your mind.

[www.saltandmantra.com.au](http://www.saltandmantra.com.au)  
Where Life Comes in Waves



Finetune Fitness  
Peter Cameron  
0411 152 449

Pilates Mat classes  
5pm Monday - 101 Essential  
6pm Monday - Progressive Flow  
Web: [personalpilates.com.au](http://personalpilates.com.au)

Pilates Mat classes with Laura -  
Personal Pilates  
6:30am Saturday - Intermediate Flow

## 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 re- laxation, easing physical pain, stress relief, unblocking trauma and personal development. 10% discount for SLSC members.  
Sarah 0430 146 624  
Kate 0411 428 075



# COMMUNITY TIMETABLE Term 3 - 2023



Group Classes – Children – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm		Helen O'Grady DRAMA CLASS					

Community Group Meetings – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7pm			Peel 4x4 Club 25 Oct 2023 22 Nov 2023 27 Dec 2023 24 Jan 2024 28 Feb 2024				

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



## 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

