

COMMUNITY TIMETABLE Term 1 - 2024

Group Classes – Adult – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20 - 5:50am 5:55 - 6:25am 6:30 - 7:30am	CORE Finetune Fitness 5:20 to 5:50am	CORE Finetune Fitness 5:20 to 5:50am	CORE Finetune Fitness 5:55 to 6:25am	CORE Finetune Fitness 5:20 to 5:50am	CORE Finetune Fitness 5:20 to 5:50am	PILATES Finetune Fitness 6:30 to 7:30am	
9:30am				Salt and Mantra YOGA		8:00AM Violet Yoga	
5:00pm							
5:30pm			MOBILITY CLASS Finetune Fitness				
6pm	Personal Pilates Laura Taylor	Violet Yoga 6 Week Courses		Salt and Mantra YOGA			
7pm to 8pm				Breathe & Evolve 14 December 2023 11 January 2024 1 February 2024 29 February 2024 21 March 2024 18 April 2024 23 May 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
Where Life Comes in Waves



Finetune Fitness
**Peter
Cameron**
0411 152 449

Pilates Mat classes with Laura - Personal Pilates

5:30pm Wed - Mobility Class
6:30am Sat - 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 relaxation, easing physical pain, stress relief, unblocking trauma and personal development. 10% discount for SLSC members.
Sarah 0430 146 624
Kate 0411 428 075

Violet Yoga

Jo O'Donnell of Violet Yoga brings over 25 years of yoga experience with her. Passionate about sharing the benefits of yoga with others Jo offers the following at Secret Harbour Surf Club: **bookings via www.violetyoga.com.au**

Tuesday evenings - Therapeutic yoga

6-7pm - Trauma Sensitive Yoga (supports recovery from PTSD, anger, mood swings, confusion etc.)

7:15 to 8:15pm Yoga for Anxiety and Depression (reduce worry, fear, panic, racing heart etc.)

8am - Saturday Mornings - Yoga for Blokes

Special sequence designed especially for men

9:15am - Saturday Morning - General Yoga class

All welcome suitable for all levels beginners or advanced



Personal Pilates
Laura Taylor
0406 082 568

Pilates Mat classes

6pm Monday - Progressive Flow

Web: personalpilates.com.au

COMMUNITY TIMETABLE Term 1 - 2024



Group Classes – Children – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm		Helen O'Grady DRAMA CLASS From 6th Feb 2024					

Community Group Meetings – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am to 12 noon			BNI Net Worth From 7 Feb 2024				

			Wednesday				
7pm			Peel 4x4 Club 28 Feb 2024 27 Mar 2024 24 April 2024 22 May 2024 26 June 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



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!

Garry Mayes
0401 446 134
Find us on Facebook, Instagram and YouTube