

Group Classes – Adult – 1st Floor Community Function Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6:30 am						Pilates Finetune Fitness Alicia 0422466490		6:30 am
2pm							Breathwork Lisa Kent 04301 60155 1 st Sunday every 2mths	2pm
5:30 pm			Mobility Class Finetune Fitness Alicia 0422466490					5:30 pm
6:00 pm	Progressive Flow Pilates Laura 0406082568	Violet Yoga 6 week course violetyoga.com.au		Salt and Mantra Yoga saltandmantra.com.au				6:00 pm
7:00 pm	Yin for Surfers saltandmantra.com.au			Breathe and Evolve Monthly Sarah 0430 146624				7:00 pm
Monthly	Ladies HQ –	Days varies	dependant	upon moon cycle.				Monthly

Group Classes – Children – 1st Floor Community Function Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
9:00 am						Mulla Mulla Sensory Play Every 2 nd Sat 6mth to 6yrs Caroline 0479 010158		9:00 am
4:00 pm		Helen "O" Grady Kids Drama Kristen 0438 455948						4:00 pm
5:00 pm		Helen "O" Grady Kids Drama Kristen 0438 455948						5:00 pm

Community Group Meetings - 1st Floor Community Function Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
9:00 am			BNI NET WORTH 9am to noon					9:00 am
9:30 am							Everhope Church everhope.com.au	9:30 am
7:00 pm			Peel 4x4 Club Monthly Garry Mayes 0401 446134					7:00 pm

BNI Do you own a business in the local area? Are you wanting to grow your business or get some business experience and advice from other local business owners?

Well you can do both by visiting our local business network meeting at Secret Harbour Surf Life Saving Club. We have over 20 local businesses who meet Wednesdays at 9.30 am. No businesses are duplicated so you get to come along for free and see what local businesses there are in your area. Not just for business owners, you can register if you would just like to attend to get some Local business contacts if you are doing a renovation with our network of trades. Starting a business and needing an Accountant or insurances. We have them all. If you would like to come along feel free to contact Steph (Vice President) on 0412674188 Happy to have a chat.

