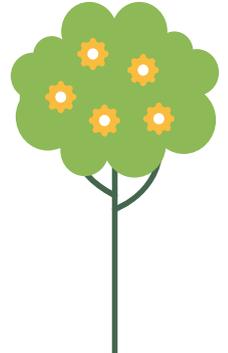




Be

HEALTHY
and ACTIVE



TERM 1 **CENTRAL** SCENIC RIM TIMETABLE
(BEAUDESERT AND SURROUNDS)

MONDAY	FREE MONDAY	MONDAY	FREE TUESDAY	TUESDAY
FUN, FRIENDS & FITNESS ● 9.00am–10.30am ● Kooralbyn Community Centre (\$6) ● Dianne 5541 4216	TRIYOGA WITH JUDI (BEGINNER) ● 8.00am–9.30am ● 9.30am–11.00am ● Beaudesert Community Arts and Information Centre ● Judi 0400 065 202	ADULT BALLET AND TAP CLASSES ● 10.00am–11.00am ● Girl Guides Hall Beaudesert (\$5) ● Hilaire 0400 292 017	TRIYOGA WITH JUDI ● 9.30am–11.00am ● Rathdowney Hall ● Judi 0400 065 202	LINE DANCING BEAUDESERT ● 12.15pm–2.45pm ● The Centre Beaudesert (\$3) ● U3A 0418 192 999
FREE TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
CREATIVE QUEENS Empowering girls 12–16 ● 3 Feb to 31 March After school until 4.30pm ● Beacare: 44 Tina Street, Beaudesert ● Call to register on (07) 5541 4216	ADULTS BACK TO BALLET ● 6.00pm–7.00pm ● Girl Guides Hall Beaudesert (\$5) ● Hilaire 0400 292 017	MOVEMENT WITH MUSIC ● 9.00am–10.00am ● CWA Hall 1 Selwyn Street West, Beaudesert (\$10) ● Kamini 0447 495 970	ALIGNED WITH YOGA ● 9.00am–11.00am ● Tamrookum Hall (\$10) ● Celia Price 0407 165 999 celiaprc9@gmail.com	CARDIO TENNIS ● 6.30pm–7.15pm ● Beaudesert Tennis Club (\$10) ● Darren 0402 804 460
FREE THURSDAY	THURSDAY	FREE THURSDAY	FREE THURSDAY	THURSDAY
TAMROOKUM MEMORIAL HALL - EVERYONE CAN DANCE ● 8.30am–11.30am ● Tamrookum Hall (\$2) ● Lani Deeran 0488 785 325	FUN, FRIENDS & FITNESS ● 9.00am–10.30am ● Kooralbyn Community Centre (\$6) ● Dianne 5541 4216	INTRODUCTION TO LAWN BOWLS Under 18s ● 3.30pm–4.30pm ● Beaudesert Bowls Club ● Marg 0412 366 455 (B)	YOGA FOR ALL SIZES ● 5.00pm to 6.00pm ● Kooralbyn Community Hall ● Ruth 0451 693 863 (B)	SOCIAL TABLE TENNIS ● 6.30pm–8.30pm ● Beaudesert Tennis Club (\$5) ● 0402 804 460
FREE FRIDAY	FREE SATURDAY		FREE SATURDAY	SUNDAY
TRIYOGA WITH JUDI ● 9.00am–11.00am ● Beaudesert Community Arts and Information Centre ● Judi 0400 065 202	YOGA FOR ALL SIZES ● 8.00am–9.00am ● Kooralbyn Community Hall ● Ruth 0451 693 863 (B)		Jeune Park Parkrun Beaudesert ● 7.00am ● Jeune Park, Tom Enright Drive, Beaudesert jeunepark@parkrun.com	AQUA FITNESS RATHDOWNEY ● 4.30pm–5.30pm ● Rathdowney State School Pool (\$7) ● Carol 0457 474 888

(B) Booking required * First Nations activity

For the most up to date timetable visit the website below.

