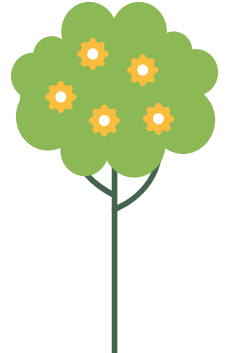




Be

HEALTHY  
and ACTIVE



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

<p><b>MONDAY</b> <b>FREE</b></p> <p><b>YIN YOGA WITH JUDI</b> ● 8.00am—9.30am</p> <p><b>TRIYOGA WITH JUDI (BEGINNER)</b> ● 9.30am—10.30am</p> <p>● Beaudesert Community Arts and Information Centre ● Judi <b>0400 065 202</b></p>	<p><b>MONDAY</b></p> <p><b>FUN, FRIENDS &amp; FITNESS</b> ● 9.00am—10.30am</p> <p>● Kooralbyn Community Centre (\$6) ● Dianne <b>5541 4216</b></p>	<p><b>FREE</b> <b>TUESDAY</b></p> <p><b>TRIYOGA WITH JUDI (BEGINNER)</b> ● 9.30am—10.30am</p> <p>27/7, 4/8, 25/8, 1/9, 8/9 ● Rathdowney Hall ● Judi <b>0400 065 202 (B)</b></p>		<p><b>FREE</b> <b>TUESDAY</b></p> <p><b>CREATIVE QUEENS</b> Empowering girls 12—16</p> <p>● 3 Feb to 31 March After school until 4.30pm</p> <p>● Beaucare: 44 Tina Street, Beaudesert ● Call to register on <b>5541 4216</b></p>
<p><b>TUESDAY</b></p> <p><b>LINE DANCING BEAUDESERT</b> ● 12.15pm—2.45pm</p> <p>● The Centre Beaudesert (\$3) ● U3A <b>0418 192 999</b></p>	<p><b>WEDNESDAY</b></p> <p><b>MOVEMENT WITH MUSIC</b> ● 9.00am—10.00am</p> <p>● CWA Hall 1 Selwyn Street West, Beaudesert (\$10) ● Kamini <b>0447 495 970</b></p>		<p><b>WEDNESDAY</b></p> <p><b>CARDIO TENNIS</b> ● 6.15pm—7.00pm</p> <p>● Beaudesert Tennis Club (\$10) ● Darren <b>0402 804 460</b></p>	<p><b>THURSDAY</b></p> <p><b>EVERYONE CAN DANCE</b> ● 8.30am—11.30am</p> <p>● Tamrookum Memorial Hall (\$5) ● Lani Deeran <b>0488 785 325</b></p>
<p><b>FREE</b> <b>FRIDAY</b></p> <p><b>TRIYOGA WITH JUDI</b> Beginner plus extensions</p> <p>● 9.30am—11.00am</p> <p>● Beaudesert Community Arts and Information Centre ● Judi <b>0400 065 202</b></p>		<p><b>FREE</b> <b>FRIDAY</b></p> <p><b>DANCE WITH ME</b> ● 9.00am—9.40am</p> <p>● Girl Guides Hall Beaudesert ● Hilaire <b>0400 292 017</b></p>		<p><b>FRIDAY</b></p> <p><b>ADULT GYMNASTICS</b> ● 5.30pm—6.30pm</p> <p>● Beaudesert Showgrounds (\$10) ● Sarah <b>07 5541 1446</b></p>
<p><b>FREE</b> <b>FRIDAY</b></p> <p><b>SHALA OF YOGA — CHAIR YOGA</b> ● 9.30am—10.30am</p> <p>● Beaudesert Library Deck ● Katharina Hindemith <b>0490 017 275 (B)</b></p>	<p><b>FREE</b> <b>SATURDAY</b></p> <p><b>JEUNE PARK PARKRUN BEAUDESERT</b> ● 7.00am</p> <p>● Jeune Park, Tom Enright Drive, Beaudesert <a href="http://jeunepark@parkrun.com">jeunepark@parkrun.com</a></p>		<p><b>FREE</b> <b>SATURDAY</b></p> <p><b>YOGA FOR ALL SIZES</b> ● 8.00am—9.00am</p> <p>● Kooralbyn Community Hall ● Ruth <b>0451 693 863 (B)</b></p>	

(B) Booking required \*First Nations activity

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

