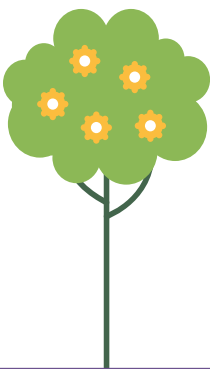




Be HEALTHY and ACTIVE



TERM 4 **CENTRAL** SCENIC RIM TIMETABLE (BEAUDESERT AND SURROUNDS)

MONDAY	FREE MONDAY	MONDAY	TUESDAY	FREE TUESDAY
FUN FRIENDS & FITNESS ● 9.00am—10.30am 📍 Kooralbyn Community Hall (\$6) 📞 Beacare 07 5541 4216	YOGA FOR BEGINNERS WITH JUDI ● 9.30am—11.00am 📍 Beaudesert Community Arts and Information Centre Beaudesert 📞 Judi 0400 065 202	ADULT BALLET AND TAP CLASSES ● 10.00am—11.00am 📍 Girl Guides Hall Beaudesert (\$5) 📞 Hilaire 0400 292 017	LINE DANCING BEAUDESERT ● 12.15pm—2.45pm 📍 U3A, The Centre Beaudesert (\$3) 📞 0407 171 813	JARJUM'S LEARN TO SWIM FIRST NATIONS* (0-5yrs parents + Carers) ● 9.00am—11.00am 📍 Beaudesert Pool 📞 Robbie 07 5541 2575 (B)
TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
HIGHSCHOOLERS SOCIAL TAP DANCE ● 5.15pm—6.00pm 📍 Girl Guides Hall Beaudesert (\$2) 📞 Hilarie 0400 292 017	ADULTS BACK TO BALLET ● 7.00pm—8.00pm 📍 Girl Guides Hall Beaudesert (\$5) 📞 Hilaire 0400 292 017	ALIGNED WITH YOGA ● 9.30am—10.30am 📍 Tamrookum Hall (\$10) 📞 Celia 0407 165 999	MOVE TO MUSIC ● 10.00am—11.00am 📍 CWA Hall 1 Selwyn Street West, Beaudesert (\$10) 📞 Kamini 0447 495 970	CARDIO TENNIS ● 6.30pm—7.15pm 📍 Beaudesert Tennis Club (\$10) 📞 0402 804 460
THURSDAY	FREE THURSDAY	THURSDAY	FREE THURSDAY	FREE THURSDAY
FUN FRIENDS & FITNESS ● 9.00am—10.30am 📍 Kooralbyn Community Hall (\$6) 📞 Beacare 07 5541 4216	INTRODUCTION TO LAWN BOWLS Under 18's ● 3.30pm—4.30pm 📍 Beaudesert Bowls Club) 📞 Marg 0412 366 455 (B)	DANCE WITH ME MUMS AND LITTLE ONES ● 9.00am—9.45am 📍 Girl Guides Hall Beaudesert (\$2) 📞 Hilarie 0400 292 017	EVERYONE CAN DANCE Beginner 8.30am—10.30am Adanced 9.30am—11.30am 📍 Tamrookum Hall 📞 Lani 0488 785 325	YOGA FOR ALL SIZES ● 5.00pm—6.00pm 📍 Kooralbyn Community Hall 📞 Ruth 0451 693 863 (B)
THURSDAY	FREE THURSDAY	FREE THURSDAY	FREE FRIDAY	FREE FRIDAY
SOCIAL TABLE TENNIS ● 6.30pm—8.30pm 📍 Beaudesert Tennis Club (\$5) 📞 0402 804 460	MUNUNJALI FIRST NATION'S WOMEN'S GROUP ● 9.00am—3.00pm (Fortnightly) 📍 Mununjali Hall 📞 Robbie 07 5541 2575 (B) Suitable for First Nation's Women	JARJUM'S LEARN TO SWIM FIRST NATIONS* ● 9.00am—11.00am 📍 Beaudesert Pool 📞 Robbie 07 5541 2575 (B)	TRIYOGA WITH JUDI ● 9.00am—11.00am 📍 Beaudesert Community Arts and Information Centre 📞 Judi 0400 065 202	COMMUNITY WALK 24 October ● 8.00am 📍 Rathdowney 📞 Lizz Hills 0415 602 052 (B)
FREE FRIDAY	FREE SATURDAY	FREE SATURDAY	SUNDAY	
COMMUNITY WALK 14 November ● 8.00am 📍 Kooralbyn 📞 Lizz Hills 0415 602 052 (B)	JEUNE PARK PARKRUN BEAUDESERT ● 7.00am 📍 Jeune Park, Tom Enright Drive, Beaudesert 📞 jeunepark@parkrun.com	YOGA FOR ALL SIZES ● 8.00am—9.00am 📍 Kooralbyn Community Hall 📞 Ruth 0451 693 863 (B)	AQUA FITNESS RATHDOWNEY 2 Nov - 7 Dec ● 4.30pm—5.30pm 📍 Rathdowney State School Pool (\$7) 📞 Carol 0457 474 888	

(B) Booking required 🗓️ EMPOWHER event * First Nations activity