



**Try your first
class for FREE!**



Term 1 Timetable

30 Jan - 6 Apr 2023



PHOENIX PARK
NEIGHBOURHOOD HOUSE
MALVERN EAST
22 Rob Roy Road

Monday

YOGA

9.00am - 10.00am

WRITERS

9.30am - 12.00pm

YOGA

10.15am - 11.15am

CHAIRBASED EXERCISE

10.30am - 11.30am

MAHJONG

1.00pm - 4.00pm

ALL ABILITIES ART

1.00pm - 2.30pm

PAINTERS GROUP

1.00pm - 3.30pm

CODING FOR KIDS

4.00pm - 5.00pm

Tuesday

TAI CHI

9.30am - 10.30am

CHATTY CAFE

10.00am - 11.30am

ART DISCOVERY

10.00am - 12.00pm

JAPANESE PLAYGROUP

10.30am - 12.00pm

PLAYBALL KIDS SPORT

9.15am - 12.30pm

BUFF BONES

12.30pm - 1.30pm

MAHJONG

1.00pm - 4.00pm

TAP DANCING

1.00pm - 2.00pm

PILATES

6.30pm - 7.30pm

DANCE FIT WITH LINDA

7.00pm - 8.00pm

Wednesday

ZUMBA GOLD

9.30am - 10.30am

JP KIDS

9.30am - 11.30am

PLAYBALL KIDS SPORT

9.15am - 12.30pm

STRETCH & MOVE

10.30am - 11.30am

SOCIAL CRAFT GROUP

10.30am - 12.30pm

CODING FOR KIDS

4.00pm - 5.00pm

RIGHT BRAIN DRAWING & BEYOND

7.00pm - 9.00pm

Thursday

GUMNUT MUSIC

8.45am - 11.45am

BEAT FIT

9.00am - 10.00am

JP KIDS

9.30am - 11.30am

WATERCOLOUR

10.00am - 12.00pm

YOGA

10.15am - 11.15am

ACRYLIC & OIL PAINTING

12.30pm - 2.30pm

YOGA WITH KATE

6.30pm - 7.30pm

SINGERS

7:45pm - 9.00pm

Friday

ZUMBA GOLD

9.30am - 10.30am

PILATES

9.30am - 10.30am

MANDARIN STARS

10.30am - 11.30am

*To book a
course scan
this QR code*



Classes run for 10 weeks unless specified.
Please refer to our program guide for dates and prices
No classes on Monday 13th March and Friday 7th April (public holidays)
www.phoenixparknh.org.au 9530 4397