



PHOENIX PARK
NEIGHBOURHOOD HOUSE
MALVERN EAST



Term 1 Program - 17 January to 8 April 2022 - Bookings Essential

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 9am - 10am & 10.15 - 11.15am 31/1 - 4/4 ex 14/3	Tai Chi 9.30 - 10.30am 11/11 - 16/12 1/2 - 5/4	Zumba Gold 9.30 - 10.30am 2/2 - 6/4	BeatFit 9.00 - 10.00am 3/2 - 7/4	Zumba Gold 9.30 - 10.30am 21/1 - 8/4
Writers 9.30 - 11.30am 31/1 - 4/4 ex 14/3	Film Group 10am - 12pm 1/2 - 5/4	JP Kids 9.30 - 11.30am 2/2 - 6/4	JP Kids 9.30 - 11.30am 3/2 - 7/4	Pilates 9.30 - 10.30am 4/2 - 8/4
Beginners Art 10am - 12pm 21/2 - 28/3 ex 14/3	Visual Creative Art 10am - 12pm 1/2 - 5/4	Visual Creative Art 10am - 12pm 2/2 - 6/4	Meet & Sketch 10 - 11.30am 3/2 - 7/4	
Chairbased Ex 10.30 - 11.30am 17/1 - 4/4 ex 14/3	Japanese Playgroup 10.30am - 12pm 1/2 - 5/4	HeartFit 10.30 - 11.30am 2/2 - 6/4	Yoga 10.15 - 11.15am 3/2 - 7/4	SATURDAY Memoir Writing 11am - 2pm 26/3 & 2/4
	Buff Bones 11.15 - 12.15pm 1/2 - 5/4	Freestyle Creatives 10.30am 2/2 - 6/4		
Mahjong 1.00 - 4.00pm 31/1 - 4/4	Mahjong 1.00 - 4.00pm 18/1 - 5/4	Zumbini 10.45 - 11.30am 23/2 - 6/4	Painting Acrylic & Oil 12.30 - 2.30pm 3/2 - 7/4	
Painters 1.00 - 3.30pm 31/1 - 4/4 ex 14/3	1000 Hearts 12.30-2.30pm 8/2 - 5/4	Watercolour 12.30 - 2.30pm 2/2 - 6/4	Photography 7.00 - 8.00pm 3/2, 3/3 & 7/4	
After School Art 4.00 - 5.00pm 21/2 - 4/4 ex 14/3	Dance Fit with Linda! 7.00 - 8.00pm 1/2 - 5/4	Art - RB Drawing 7.00 - 9.00pm 2/2 - 6/4		
	Pilates 7.30 - 8.30pm 1/2 - 5/4		Singers 7.45 - 9.30pm 3/2 - 7/4	

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Further details on individual classes go to our Website: <https://www.phoenixparknh.org.au>