

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
9am – 10am	Remain Active Online		Yoga Online	Walking Group South Maroubra	Remain Active Online	Tai Chi Online
10am – 11am		Morning Tea & Socialise Maroubra				
11am – 12pm						
12pm – 1pm	Remain Active Maroubra					
1pm – 2pm						
2pm – 3pm	Chair Yoga Maroubra	Remain Active Caringbah				
3pm – 4pm						