

Southern & Eastern Sydney

	MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
9am – 10am	<b>Remain Active</b> Online			<b>Yoga</b> Online	Walking Group	<b>Remain</b> <b>Active</b> Online	<b>Tai Chi</b> Online
10am – 11am			Morning Tea & Socialise		South Maroubra		
11am – 12pm			Maroubra				
12pm – 1pm	Remain Active						
1pm – 2pm	Maroubra						
2pm – 3pm	<b>Chair Yoga</b> Maroubra	<b>Remain Active</b> Caringbah					
3pm – 4pm			Meditation & Relaxation Online				Music Concerts * * Online fortnightly

