

Southern & Eastern Sydney

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

