

	MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY		
9am – 10am	Remain Active Eastwood	Remain Active Online		Yoga Online	Remain Active Online		Tai Chi Online		
10am – 11am							Remain Active Pemulwuy		
11am – 12pm						Tai Chi Jordan Springs			
12pm – 1pm									
1pm – 2pm						Remain Active Jordan Springs	Aqua Fitness Pemulwuy		
2pm – 3pm									
3pm – 4pm									Meditation & Relaxation Online