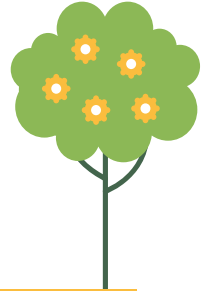




Be

HEALTHY and ACTIVE



TERM 4 **CENTRAL** SCENIC RIM TIME TABLE
(BEAUDESERT AND SURROUNDS)

**NOV
2024**

<p>Monday</p> <p>FUN, FRIENDS & FITNESS</p> <p>⌚ 9.00am to 10.30am</p> <p>📍 Kooralbyn Community Hall</p> <p>☎ Beacare 5541 4216</p> <p>Cost: \$6.00</p>	<p>Monday</p> <p>YOGA FOR BEGINNERS</p> <p>⌚ 9.30am—10.30am</p> <p>📍 Beaudesert Community Arts and Information Centre</p> <p>☎ Claire 0417187172</p> <p>Cost: \$10.00</p>	<p>Monday</p> <p>ADULT BEGINNER BALLET AND TAP CLASSES</p> <p>⌚ 10.00am—11.00am and 7.00pm—8.00pm</p> <p>📍 Girl Guides Hall Beaudesert</p> <p>☎ 0400 292 017/fb</p> <p>Cost: \$3.00</p>	<p>Monday</p> <p>MOSAICS — ART AND CRAFT</p> <p>⌚ 1.30pm—3.30pm</p> <p>📍 Beaudesert Community Arts and Information Centre</p> <p>☎ Tina Jones 0418 780 861</p> <p>Cost: \$3.00</p>	<p>Tuesday</p> <p>LINE DANCING AND DANCE STEPS FOR SENIORS</p> <p>⌚ 12.45pm—3.00pm</p> <p>📍 The Centre, Beaudesert</p> <p>☎ Marg 0422 415 145</p> <p>Cost: \$3.00</p>
<p>Tuesday</p> <p>AQUA FITNESS</p> <p>⌚ 6.30pm—7.30pm</p> <p>📍 Beaudesert Pool</p> <p>☎ Beaudesert Pool 0438 686 268</p> <p>Cost: 5.00</p>	<p>Tuesday</p> <p>ADULT BACK TO BALLET</p> <p>⌚ 7.00pm—8.00pm</p> <p>📍 Girl Guides Hall Beaudesert</p> <p>☎ BeauDance Academy 0400 292 017 or on Facebook</p> <p>Cost: \$5.00</p>	<p>Wednesday</p> <p>CARDIO TENNIS</p> <p>⌚ 6.30pm—7.30pm</p> <p>📍 Beaudesert Tennis Club</p> <p>☎ beaudeserttennis assoc@outlook.com</p> <p>Cost: \$10.00</p>	<p>Wednesday</p> <p>AQUA FITNESS</p> <p>⌚ 6.30pm—7.30pm</p> <p>📍 Beaudesert Pool</p> <p>☎ Beaudesert Pool 0438 686 268</p> <p>Cost: 5.00</p>	<p>Thursday</p> <p>FUN, FRIENDS AND FITNESS</p> <p>Over 50's</p> <p>⌚ 9.00am—10.30am</p> <p>📍 Kooralbyn Community Hall</p> <p>☎ Beacare 5541 4216</p> <p>Cost: \$6.00</p>
<p>Thursday</p> <p>EVERYONE CAN DANCE</p> <p>⌚ 9.00am—11.00am</p> <p>📍 Tamrookum Memorial Hall</p> <p>☎ Lorraine 0488 785 325 or tamrookumhall@gmail.com</p> <p>Cost: \$5.00</p>	<p>Thursday</p> <p>SOCIAL TABLE TENNIS</p> <p>⌚ 6.30pm—8.30pm</p> <p>📍 Beaudesert Tennis Club</p> <p>☎ beaudeserttennis assoc@outlook.com</p> <p>Cost: \$5.00</p>	<p>Friday</p> <p>TRIYOGA</p> <p>⌚ 9.00am—11.00am</p> <p>📍 Beaudesert Community Arts and Information Centre</p> <p>☎ Judi Steinke 0400 065 202</p> <p>Cost: \$7.00</p>	<p>Saturday</p> <p>JEUNE PARK RUN</p> <p>⌚ 7.00am</p> <p>📍 Jeune Park, Tom Enright Drive, Beaudesert</p> <p>☎ jeunepark@parkrun.com</p> <p>Cost: Free</p>	<p>Sunday</p> <p>AQUA FITNESS RATHDOWNEY</p> <p>⌚ 6 week program 3 Nov to 8 Dec 4.30pm—5.30pm</p> <p>📍 Rathdowney Pool</p> <p>☎ Carol Taylor 0457 474 888</p> <p>Cost: \$5.00</p>