

Burnie Brae Activity Timetable

MONDAY

Zumba	7:30am - 8:30am
Art	8:45am - 11:00am

Line Dancing

<i>Beginners Easy</i>	8:45am - 9:30am
<i>Beginners</i>	9:30am - 10:30am
<i>Improvers</i>	10:30am - 11:30am

Aqua Aerobics	11:10am - 12:00pm
Chair Yoga	11:45am - 12:45pm

fornightly (check website)

Beginners Yoga	11:45am - 12:45pm
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fornightly (check website)

Mahjong	12:30pm - 3:30pm
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Standing Pilates	1:00pm - 2:00pm
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Stability & Mobility	2.30pm - 3.30 pm
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Clogging	6:00pm - 9:00pm
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TUESDAY

Fit Moves	8:00am - 9:00am
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Cards: 500	9:00am - 12:00pm
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Yoga	9:15am - 10:15am
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Knitting/Crochet Group	9:30am - 12:00pm
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Scrabble	9:30am - 1:00pm
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Singing Group	11:00am - 12:00pm
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Choir	12:00pm - 1:00pm
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Cribbage	12:30pm - 3:30pm
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Canasta	1.00pm - 4.00pm
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Arrive 12:45pm pack up from 3:45pm

Ukulele Jam Session	1:30pm - 2:30pm
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Men's Yoga	3pm - 4pm
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WEDNESDAY

Dance Fitness	7:00am - 7:45am
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Zumba	8:00am - 9:00am
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Mahjong	9:00am - 12:00pm
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Aqua Aerobics	11:10am -12:00pm
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Indoor Bowls	1:00pm - 3:00pm
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THURSDAY

Functional Fitness	8:00am - 9:00am
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Carrom	9:00am - 12:00pm
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Bolivia	9:00am - 1:00pm
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Bollywood Dance	9:30am - 10:30am
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Scrabble	9:30am - 1:00pm
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Darts (<i>in Club Respite</i>)	8:30am - 10:30am
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Core & Balance	11:00am - 12:00pm
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Latercomers not admitted

Table Tennis	12:30pm - 3:30pm
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FRIDAY

Matwork Pilates	7:30am - 8:30am
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Latecomers not admitted

Indoor Bowls	9:00am - 11:30am
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Canasta <i>Arrive 9:45am</i>	10:00am - 1:30pm
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Aqua Aerobics	11:10am - 12:00pm
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Qigong - Tai Chi	12:00pm - 1:00pm
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Cards 500	12:00pm - 4:00pm
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Arrive 11:45am pack up from 3:45pm

Square Dancing	1:30pm - 3:30pm
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Book Club	10:30am - 12:00pm
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2nd Monday of each month

In Club Respite

OWN Meeting	9:30am - 11:00am
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Older Women's Network Queensland

2nd & 4th Thursday

of each month

Friday Night Dance	7:00pm - 10:00pm
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2nd Friday of each month

Sunday Dance	2:00pm - 5:00pm
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3rd Sunday of each month

Technology Training	Bookings required
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Tuesday	2:00pm - 4:00pm
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Wednesday	9:00am - 3:00pm
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Friday	9:00am - 3:00pm
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PRICES

FREE	Darts
\$5.00	Bolivia Book Club Canasta Cards: 500 Carrom Cribbage Indoor Bowls Mahjong OWN Meeting Scrabble Table Tennis Technology Training
\$10.00	Beginners & Chair Yoga Clogging Core and Balance Dance Fitness Fit Moves Functional Fitness Friday & Sunday Dances Knitting & Crochet Group Line Dancing Classes Men's Yoga Qigong (Tai Chi) Stability & Mobility Standing Pilates Ukulele Jam Session Yoga Zumba
\$11.00	Aqua Aerobics
\$12.50	Singing Group Choir (Attend singing and choir for \$20)
\$15.00	Art Bollywood Dancing Matwork Pilates Square Dancing

How do I book a class or activity?

Bookings are only required for Technology Training. No bookings are required for all other activities, simply come along to the class and pay upon entry using cash or card.

Do I need to be a member?

You are required to be a member to attend our activities. Join at Reception, phone 3624 2110 or online at burniebrae.org.au/membership.

What do I bring?

Bring along a water bottle and wear appropriate clothing for fitness and dance activities (i.e. workout wear or loose fit clothing).

Ukulele classes: own ukulele and music stand (optional).

Matwork Pilates/Yoga/Functional Fitness: own mat.

Art class: come along to first class and then the art teacher will advise on supplies.

Clogging: start with normal, enclosed shoes and the instructor will advise the correct shoes as you progress in skill.

Where do I find class information?

Individual class descriptions are available on our website: burniebrae.org.au/activities

What amenities are available at the venue?

Free car parking, disability access, bathrooms, a water bottle refill station and an on-site café are available. First Aid Officers are at the Centre on weekdays; 8am to 4pm.

LOCATIONS

MAIN HALL

60 Kuran Street, Chermshire

The main hall is our central activity space. Card and board games are played in the back area accessible via Café Connect's rear door, and the main hall's activity room hosts technology training, OWN meetings, and Book Club sessions.

CHERMSSIDE POOL

Aqua Aerobics

375 Hamilton Rd, Chermshire

