



The Norman Centre

Norman Centre Activities

	Time	Activity
Monday	2-4pm	Nifty Fifty's
	2-4pm	Retired Table Tennis
	5.30-6pm	H.I.I.T Class *
	6.30-9.30pm	Urban Youth
	6.30-7.30pm	Zumba
	6.30-7.30pm	Junior Jujitsu (5-15 Years)
	7.30-9pm	Jujitsu (Adult)
	7-9pm	Aikido
Tuesday	9.30-10.30am	Retired Short Tennis
	10-11am	Circuits *
	12.30-3.30pm	Arts Class
	5.00-6.30pm	3D Dance Academy
	5.30-6.15pm	3 c's exercise class *
	6.30-7.30pm	Aerobics
	7-8pm	Egyptian Belly Dance
Wednesday	3.30-4.30pm	Ballet be Fit (for Older Adults)
	5.30-6.30pm	Circuits *
	7.30-9pm	Ju Jitsu
	7.30-9.30pm	Aikido
	8-9.30pm	Tai Chi
Thursday	9-12 noon	Smiley Tots
	10-12 noon	Retired Table Tennis
	4.45-5.30pm	Little Ninja's
	5.45-7.00pm	Family Karate Class
	6.00-7.15pm	Junior Karate
	7.30-8.45pm	Adult Karate
	5.30-6.30pm	Active Kids
	7-8pm	Aerobics
	7-8pm	Bokwa
8-9pm	Fitness Yoga	



	Time	Activity
Friday	11-1pm	Feel Good Fridays
	6-8pm	Choi-kwang-do
	6.30-8.30pm	Arts for Health
Saturday	10-1pm	Showstoppers Ballet
	10.15-10.45am	Super Saturday Workout *
	11-12 noon	Junior Gym
	11.30-1pm	Street Dance

Classes marked * are free for gym users with a monthly pass

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