



CLG INSTITUTE & RICHMOND RD HALLS



CITY OF MITCHAM

MONDAY

Hatha Yoga Dinali
May-June Mitcham Community Centre (RR Hall)
9.45am - 11.30am
Body, breath, mind.
0431 471 424
Fee applies

Michelles Dance
CLG Institute Hall
From 4pm
Classes for all ages a fun environment.
0412 156 140
Fee applies

TUESDAY

Michelles Dance
CLG Institute Hall
From 4pm
Classes for all ages a fun environment.
0412 156 140
Fee applies

Girl Guides - Aust Trefoil Guild April-June @ Mitcham Library (RR Hall)
(4th Tuesday)
12.30pm - 3pm
Gathering for past guiding members.
Office 8418 0900

Love Yoga - Zoe
April-June Mitcham Community Centre (RR Hall)
5.30pm - 7.30pm
Body, breath, mind.
0409 944 414
Fee applies

WEDNESDAY

Yoga Classs with Aannishka
CLG Institute Hall
9.30am - 11.30am
0435 012 089
Fee applies

Michelles Dance
CLG Institute Hall
From 4pm
Classes for all ages a fun environment.
0412 156 140
Fee applies

Kundalini Yoga
April-June Mitcham Community Centre (RR Hall)
Kundalini style yoga
6.30pm - 7.30pm
Annabelle
0413 776 513
Fee applies

THURSDAY

Yoga Classs with Aannishka
CLG Institute Hall
9.30am - 11.30am
0435 012 089
Fee applies

Michelles Dance
CLG Institute Hall
From 4pm
Classes for all ages a fun environment.
0412 156 140
Fee applies

SaSamba
Community Band from April Mitcham Community Centre (RR Hall)
7pm - 9pm
Drum Rehearsal
Arnold 0449 282 909
Fee applies

FRIDAY

Drum Fit *
CLG Institute Hall
10.45am - 11.30am
Community Wellbeing
8372 8884
Fee applies

Strength & Tone *
CLG Institute Hall
11.45am - 12.30pm
Community Wellbeing
8372 8884
Fee applies

Innovation Calisthenics
CLG Institute Hall
5.30pm - 9pm
Kate 0409 270 877
Fee applies

Caminada Strings from April Mitcham Community Centre (RR Hall)
7pm - 9pm
Community String Orchestra rehearse.
Graham 0406 197 716
Fee applies

SATURDAY

Michelles Dance
CLG Institute Hall
11am - 12pm
Classes for all ages a fun environment
0412 156 140
Fee applies

Hatha Yoga Dinali
May-June Mitcham Community Centre (RR Hall)
8.45am - 10.30am
Body, breath, mind.
0431 471 424
Fee applies

Cumberland Park NA Young Adults Group Aust April-June @ Cumberland PK (RR Hall)
11.30am - 12.30pm
Narcotics
Anonymous
1300 652 820

Innovation Calisthenics
CLG Institute Hall
12pm - 5pm
Kate 0409 270 877
Fee applies

SUNDAY

Innovation Calisthenics
CLG Institute Hall
10am - 5pm
Kate 0409 270 877
Fee applies



** Assessment required

* programs run by City of Mitcham