

Logan Women's Health and Well-Being Centre

February 2012 L = LWHWC, P = Pool @ 53 Mary St Kingston (New Venue), BP = Brown's Plains

| What's On | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|--|--|--|--|-----|-----|
| | | | 1 Aqua Antics (P) (9.30-10.30) | 2 Singing & Activities (L) (9.00-12.00) Gentle Exercise for over 50s (L) (1.30 – 2.30) | 3 Fitball Fun (L) (9.00-10.00) | 4 | 5 |
| | 6 Fitball Fun (BP) (9.00-10.00) Fitball Fun (L) (1.30-2.30) | 7 In Your Skin (L) (9.30-10.30) | 8 Aqua Antics (P) (9.30-10.30) | 9 Singing & Activities (L) (9.00-12.00) Gentle Exercise for over 50s (L) (1.30 – 2.30) | 10 Fitball Fun (L) (9.00-10.00) | 11 | 12 |
| | 13 Fitball Fun (BP) (9.00-10.00) Fitball Fun (L) (1.30-2.30) | 14 | 15 Aqua Antics (P) (9.30-10.30) | 16 Singing & Activities (L) (9.00-12.00) Stretch & Tone (L) (1.30 – 2.30) | 17 Fitball Fun (L) (9.00-10.00) | 18 | 19 |
| | 20 Fitball Fun (BP) (9.00-10.00) Fitball Fun (L) (1.30-2.30) | 21 In Your Skin (L) (9.30-10.30) Art & Craft (L) (10.00 – 12.00) | 22 Aqua Antics (P) (9.30-10.30) | 23 Singing & Activities (L) (9.00-12.00) Stretch & Tone (L) (1.30 – 2.30) | 24 Fitball Fun (L) (9.00-10.00) | 25 | 26 |
| | 27 Fitball Fun (BP) (9.00-10.00) Fitball Fun (L) (1.30-2.30) | 28 | 29 Aqua Antics (P) (9.30-10.30) | | | | |