

# Walpole Sport and Recreation Centre

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## WHATS ON IN JULY 2010

			<b>THURSDAY 1st</b>	<b>FRIDAY 2nd</b>
			<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	
<b>MONDAY 5th</b>	<b>TUESDAY 6th</b>	<b>WEDNESDAY 7th</b>	<b>THURSDAY 8th</b>	<b>FRIDAY 9th</b>
<b>Yoga</b> With Instructor 10.00-11.30am	<b>Kids Soccer Holiday activity</b> 10.00-11.30am  <b>Autumn Club</b> 1.00-3.15pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Zumba</b> 6.30-7.30pm	<b>Kids Rollerblading Holiday activity</b> 10.00am-11.30am  <b>Table Tennis</b> 6.00 – 8.00pm	
<b>MONDAY 12th</b>	<b>TUESDAY 13th</b>	<b>WEDNESDAY 14th</b>	<b>THURSDAY 15th</b>	<b>FRIDAY 16th</b>
	<b>Kids Rollerblading Holiday activity</b> 10.00am-11.30am  <b>Autumn Club</b> 1.00-3.15pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Zumba</b> 6.30-7.30pm	<b>Kids Soccer Holiday activity</b> 10.00-11.30am  <b>Table Tennis</b> 7.00 – 8.00pm	
<b>MONDAY 19th</b>	<b>TUESDAY 20th</b>	<b>WEDNESDAY 21st</b>	<b>THURSDAY 22nd</b>	<b>FRIDAY 23rd</b>
<b>Yoga</b> With Instructor 10.00-11.30am	<b>Over 50s Fitness</b> 7.30-8.30am <b>Zumba</b> 10.30-11.30am <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Badminton</b> 1.30-2.30pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Zumba</b> 6.30-7.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	
<b>MONDAY 26th</b>	<b>TUESDAY 27th</b>	<b>WEDNESDAY 28th</b>	<b>THURSDAY 29th</b>	<b>FRIDAY 30th</b>
<b>Yoga</b> With Instructor 10.00-11.30am  <b>Junior Gym</b> 3.30-5.30pm  <b>Stadium Cricket</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Zumba</b> 10.30-11.30am <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Badminton</b> 1.30-2.30pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Zumba</b> 6.30-7.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	