



ACTIVE PROGRAMS At Laverton

Zumba

Monday: 11.15am and 7pm
Tuesday: 12pm
Saturday: 8am

Pilates

Monday: 6pm

Craft

Monday: 6.30pm

Yoga

Monday: 10am
Tuesday: 1.30pm

Men's Active:

Thursday: 7.30pm

Tai Chi:

Friday: 9.30am

Line Dancing:

Friday: 10.30am and 11.45am

Open to everyone and all abilities.

Cost: \$5/\$2 concession

Where: Laverton Community Hub (95-105 Railway Avenue, Laverton)

Contact: 9932 3011 or email programs@hobsonsbay.vic.gov.au

