

OCEAN GROVE NEIGHBOURHOOD HOUSE CLASSES - 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAHJONG 1:00PM-4:00PM ROOM 4	FIT FOREVER OVER 50'S 9:00AM-10:00AM ROOM 2&3	STRENGTH TRAINING OVER 50'S 9:30AM-10:30AM ROOM 2&3	FIT FOREVER CIRCUIT OVER 50'S 9:00AM-10:00AM ROOM 2&3	ASHAJY CHAIR YOGA 9:30AM-10:30AM ROOM 4&5
ADULTS WATERCOLOR ART CLASS 9:30AM-11:30AM ROOM 1	FIT FOREVER OVER 50'S 10:15AM-11:15AM ROOM 2&3	STRENGTH TRAINING OVER 50'S 10:45AM-11:45AM ROOM 2&3	BELLARINE TOWN CLUB 4:30PM-6:30PM ROOM 4&5	ADULTS WATERCOLOR ART CLASS 9.30AM-11.30AM ROOM 1
ADULTS WATERCOLOR ART CLASS 12:00PM-2:00PM ROOM 1	YOGA WITH ALEX 7:30PM-8:30PM ROOM 2&3	KIDS ART CLASS 4:00PM-5:30PM ROOM 1		
		BETER LIFE TAI CHI 6:00PM-7:00PM ROOM 2&3		
		ASHAJY YOGA 6:00PM-7:00PM ROOM 4&5		

SATURDAY

SUNDAY

REPAIR BELLARINE CAFÉ

THIRD SATURDAY OF EACH MONTH
(STARTING IN FEBRUARY 2026)

ROOM 2&3

BELLARINE TRAINING CO.

FIRST SATURDAY OF EACH MONTH
FIRST AID TRAINING

ROOM 1
