

WHATS ON AT THE HUB..



From fitness to self-care, we've got something for everyone at The Hub. We're excited to share a range of activities & classes for all ages, in the heart of the community - for everyone to enjoy. Weekly activities include:

MONDAY

11.30AM-12.30PM Strength Within Pilates

1.00PM-2.00PM Thrive & Flourish Yoga

6.30PM-7.30PM Junior Kung Fu

TUESDAY

9.30AM-10.30AM Tai Chi

12.30PM-1.15PM Seated exercise

6.00PM-7.00PM Thrive & Flourish Yoga

6.00PM-7.00PM Men's Box fit

7.00PM-8.00PM Women's Box fit

WEDNESDAY

9.45AM-10.45AM Strength Within Pilates

11.00AM-12.00PM Yoga & Mindfulness

12.30PM-2.00PM Baskin Babies
(birth to pre-crawling)

4.00PM-5.00PM Street Dance (Age 6-9)

THURSDAY

9.30AM-10.30AM Buggy fit

11.00AM-12.00PM Mini Ballers (Age 2-3)

5.30PM & 7.00PM Slimming World

7.00PM-8.00PM Broadway Boogie

FRIDAY

9.45AM-10.30AM Move with me
(6 months - 3 years)

11.00AM-11.45AM Beats & Burn

1.00PM-3.00PM Senior Centre Club
(Last Friday of the Month)

4.00PM-5.00PM The Art Squad
(7-11 years)

SATURDAY

9.00AM-9.45AM Didee Athletics
(Ages 2-3.5 years)

9.45AM-10.30AM Little Athletics
(Ages 3.5-5 years)

10.30AM-11.15AM Mini Athletics
(Ages 5-7 years)

SUNDAY

12.00PM-12.45PM Dad & Kids Boxing

TREATMENT ROOM

Manuela Massages Tuesday - Saturday

Nailed It Monday & Thursday evenings

Pretty Girl Aesthetics Sunday

Scan the QR code or visit
our website for more info:
www.risecommunityhub.org/whats-on

