



Date	Time	Location	Activity	Business
10/09/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
12/09/24 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga
17/09/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
19/09/24 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
24/09/24 Tuesday	5:30pm - 6.30pm	TBC	Dietitian	North West Remote Health
26/09/24 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness



Date	Time	Location	Activity	Business
01/10/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
03/10/24 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
08/10/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
10/10/24 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga
15/10/24 Tuesday	5:30pm - 6.30pm	TBC	Dietitian	North West Remote Health



Date	Time	Location	Activity	Business
17/10/24 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
22/10/24 Tuesday	5:30pm - 7.00pm	Arts & Craft Pavilion at the Showgrounds Eagle Street Arcade	Fitness Beauty	Interfitness Sage Hair
24/10/24 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga
26/10/24 Saturday	9:00am - 4:00pm	Civic Centre	Self-Defence	Cobra Thai Boxing
29/10/24 Tuesday	5:30pm - 7.00pm	Arts & Craft Pavilion at the Showgrounds Eagle Street Arcade	Fitness Beauty	Interfitness Sage Hair
31/10/24 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Pilates	Outback Pilates



Date	Time	Location	Activity	Business
05/11/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
07/11/24 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga
12/11/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
14/11/24 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
19/11/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Pilates	Outback Pilates
21/11/24 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga
26/11/24 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
28/11/24 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga



Date	Time	Location	Activity	Business
04/02/25 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
06/02/25 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
11/02/25 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
13/02/25 Thursday	5:30pm - 6.45pm	Arts & Craft Pavilion at the Showgrounds	Fitness Meditation	Interfitness You Rise Yoga
18/02/25 Tuesday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Pilates	Outback Pilates
20/02/25 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
25/02/25 Tuesday	5:30pm - 6:30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness
27/02/25 Thursday	5:30pm - 6.30pm	Arts & Craft Pavilion at the Showgrounds	Fitness	Interfitness