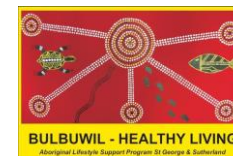
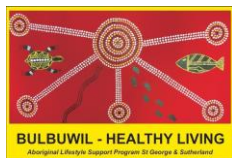


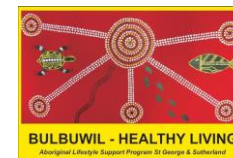
September 2026



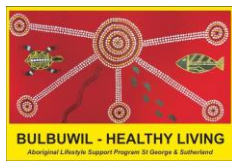
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	1	2	3
	Women's health clinic 10am Water group 1.45pm	Gym 1pm Pilates 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
7	8	9	10
Boxing group 6pm	Water group 1.45pm	Vaccination clinic 9am Gym 1pm Pilates 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
14	15	16	17
Boxing group 6pm	Hearing clinic 9am Women's health morning tea Women's health clinic 10am Water group 1.45pm	Gym 1pm Water group 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
21	22	23	24
Cooking group 1030am Boxing group 6pm	Water group 1.45pm	Gym 1pm Water group 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
28	29	30	
Boxing group 6pm	Water group 1.45pm	Gym 1pm Water group 6pm	



September 2026



Venues				
Cooking group Eye clinic Aboriginal women’s clinic Vaccination clinic Hearing clinic	    	Health One 126 Kareena Road, Caringbah	Water group 	Sutherland Leisure Centre 1 Rawson Ave, Sutherland
Walking & outdoor circuit group		Depena Reserve 190 Russell Ave, Dolls Point	Ironbark 	Miranda Community Centre 97 Karimbla rd, Miranda
Gym group		Killara Rehab Gym The Sutherland Hospital	Pilates 	Sutherland Multipurpose Centre 123 Flora Street, Sutherland
Boxing group		Miranda Community Centre 97 Karimbla rd, Miranda		



September 2026

