

# Additional Services

## **Banzai Karate Melbourne**

Children and adult classes held Thursday evenings and Saturday mornings. Achieve confidence, respect & integrity. An experienced world karate federation coach and trainer for the Karate Victoria State team.

Contact Sensei Ati on 0452 404 955 or [banzaikarate.melb@gmail.com](mailto:banzaikarate.melb@gmail.com)

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## **Girl Guides**

Meet weekly on Tuesdays from 4.30 pm - 6.00 pm. For girls (5 - 14 yrs) and women (volunteers & members) 18 yrs & over. Get together for fun, friendship and activities.

Contact Amanda on 9770 2173 or [www.guidesvic.org.au](http://www.guidesvic.org.au)

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## **Julia's Essential Yoga & Yogalates**

Wednesdays 6.15 pm - 7.15 pm. Stretch - Tone - Relax. Yoga helps to get fit, tone the body, reduce stress and anxiety, increase flexibility, relax and improve concentration.

Contact Julia on 0418 176 484

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## **Megan's Dance Studio**

A fun & creative introduction to the performing arts for boys & girls aged 3-13+ years. A program & teaching style that captures & explores your child's imagination through dance, movement & song.

Contact Megan on 0450 008 507 or [www.megansdancestudio.com.au](http://www.megansdancestudio.com.au)

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## **Peninsula Hapkido**

Children and adult classes held Tuesday and Friday evenings. Hapkido is a martial art founded in Korea. Although relatively modern, it is derived from much older systems.

Contact Peninsula Hapkido on 9776 7730 or [info@peninsulahapkido.com.au](mailto:info@peninsulahapkido.com.au)

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## **Rhythm Factory**

An introduction to dance, music and movement for girls and boys aged 15 months - school age. Children develop skills like balance, coordination and body awareness.

Contact Karen on 0411 747 110 or [www.rhythmfactory.com.au](http://www.rhythmfactory.com.au)

# Additional Services

## Trinity Physiotherapy & Lifestyle Medicine

Monday 8.45 am - 9.30 am. Challenging, educational & fun exercise classes to music for prevention and treatment of common musculoskeletal conditions with physiotherapist and exercise scientist Dr Olya Solodovichenko.

Cost \$30 per class claimable from your private health fund, Work Cover or TAC.

Contact Olya on 0490 545 677 or [physiotrinity@gmail.com](mailto:physiotrinity@gmail.com)

## Weight Watchers

Meetings are held on Mondays and Thursdays at 6.00 pm.

Discover, Learn, Share. Get the support and advice you need.

Contact 131 997 or [www.weightwatchers.com.au](http://www.weightwatchers.com.au)

## Zumba

Classes are held on Mondays and Wednesdays at 7.00 pm. Come and enjoy the party. With easy to follow routines, burn calories and have a blast.

Contact Ramona on 0437 125 201

## Coffee House - Lyrebird Training Cafe

Monday to Friday  
from 9.00 am - 2.00 pm

(limited opening hours during school holidays)

Cappuccino	Latte
Hot Chocolate	Tea
Milkshake	Chai
Small Cup	\$3.40
Medium Cup	\$3.70
Large Cup	\$4.00
Milkshake	\$4.00

