



# Phoenix Lifestyle

Support Association Inc.

## Programs at The Ron & Joyce Muray Centre Redlands Business Park, 24- 26 Lennox Street, Redland Bay

Day	Activity	Time	Cost	Activity	Time	Cost
<b>Monday</b>	Hydrotherapy	9:30 - 11:30	\$10:00	Art Class	10:00 – 12:00	\$10:00
		12:30 – 14:30				
<b>Tuesday</b>	Hydrotherapy	9:30 - 11:30	\$10:00	Music Workshop	10:00 – 12:00 (arrive by 9:30)	\$20.00
		12:30 – 14:30				
<b>Wednesday</b>	Hydrotherapy	9:30 - 11:30	\$10:00	Art Class	10:00 – 12:00	\$10:00
		12:30 – 14:30				
<b>Thursday</b>	Hydrotherapy	9:30 - 11:30	\$10:00	Cooking Program	10:30 – 12:30	\$15.00
		12:30 – 14:30				
<b>Friday</b>	Hydrotherapy	9:30 - 11:30	\$10:00			