



What's on at your local Community Centre?

Labrador Community Centre

Updated 1 September 2020

Please contact the organisers directly to confirm class size, availability and start dates prior to attending.

Time	Activity Description and Company	Room	Contact Details
Monday			
8am to 4pm	Training in Aged Care offered by Intercare	Meeting Room 2	Phone Intercare on 07 3808 35859
5pm to 6pm	Provides food relief, everyday essentials and a range of community support referral services offered by Show The Way	External Arts Space	Phone Amber on 0403 650 653
6pm to 7pm	Training in Taekwon-do, self-defence and fitness offered by Trinity Taekwon-do	Main Hall	Phone Mark on 0418 955 884
Tuesday			
7am to 8am	Growing stronger fitness class offered by Active and Healthy and MEE Active	Main Hall	Phone Rachel on 0403 163 201
8am to 9am	Free Pilates Class with Deeann offered by Active and Healthy	Main Hall	Phone Deeann on 0414 671 262
8am to 4pm	Training in Aged Care offered by Intercare	Meeting Room 2	Phone Intercare on 07 3808 35859
9.30am to 10.30am	Free Fitness Fundamentals for kids offered by Active and Healthy and Gecko Sports	Main Hall	Phone Jay on 0419 777 689
11.15am to 12.15pm	Meditation and Self-Empowerment for Women offered by Brahma Kumaris Gold Coast	Activity Room B	Phone Linda 0401 018 153
6pm to 7pm	Pilates class with Deeann offered by Active and Healthy	Main Hall	Phone Deeann on 0414 671 262
7pm to 9pm	Toastmasters International. Learn the art of speaking, listening and thinking. Offered by Toastmasters International District 69. 2 nd and 4 th Tuesday of the month.	Activity Room A	Phone Janet on 0408 798 001

Time	Activity Description and Company	Room	Contact Details
Wednesday			
9am to 11.30am	Yoga followed by meditation class. Offered by Australian School of Meditation and Yoga	Activity Room A	Phone Andrew on 0405 428 768
9am to 10am	Pilates with Deeann	Main Hall	Phone Deeann on 0414 671 262
5.30pm to 6.30pm	Yoga class with Lesley offered by Active and Healthy	Main Hall	Phone Lesley on 0444 502 628
Thursday			
7am to 8am	Growing stronger fitness class offered by Active and Healthy and MEE Active	Main Hall	Phone Rachel on 0403 163 201
8am to 4pm	Training in Aged Care offered by Intercare	Meeting Room 2	Phone Intercare on 07 3808 35859
9am to 10am	Free Yoga offered by Active and Healthy and Zen Soul Life	Main Hall	Phone Madonna on 0403 643 601
4pm to 6pm	Circus training and physical therapy for autistic children and teenagers offered by Circus Stars	Main Hall	Phone Kristy on 0433 816 333
5pm to 7pm	Weight loss Wellness Workshop offered by Weight Watchers	Activity Room A	Phone Katie on 0401 950 716
6.30pm to 7.30pm	Training in Taekwon-do, self-defence and fitness offered by Trinity Taekwon-do	Main Hall	Phone Mark on 0418 955 884
Friday			
5.30pm to 6.30pm	Karate classes offered by GKR Karate	Main Hall	Phone Mark on 0407 726 020
Saturday			
9am to 1pm	Circus training and physical therapy for autistic children and teenagers offered by Circus Stars	Main Hall	Phone Kristy on 0433 816 333
Sunday			
2pm to 4.30pm	Yoga followed by meditation class. Offered by Australian School of Meditation and Yoga	Activity Room A	Phone Andrew on 0405 428 768

Monthly and Special Events

Time	Activity Description and Company	Room	Contact Details
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There are currently no monthly events

Gallery Exhibitions 2020

Date	Exhibition
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There are currently no gallery exhibitions

With over 40 community centres across the city, there are a range of centres and activities to join in or run your own. For more information on hiring a community centre, visit our website: cityofgoldcoast.com.au/communitycentres

Contact us:

P: 07 5581 7015

E: labradorcommunityhub@goldcoast.qld.gov.au

W: cityofgoldcoast.com.au/communitycentres

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