

Avenue Online

COMMENCING 17/01/2022

Empowered by
**FIGHTING
CHANCE**

WEEKDAY TIMETABLE

10:00 - 11:00
Avenue Exercise: Stretch Out

11:00 - 12:00
Avenue Upskill

12:00 - 13:00
Lunch Break

13:00 - 14:00
Avenue Connect

14:00 - 15:00
Avenue Exercise: Step Up

PROGRAM INFO

Avenue Exercise: Stretch Out

A low-intensity exercise session to start the day moving. A combination of stretching, yoga and pilates.

Avenue Upskill

Build your skills in a learning workshop. We will incorporate different topics each week such as Communication, Social Skills and Self-Advocacy.

Avenue Connect

Connect with Team Members from across the Avenue hubs. Play games, share stories and make new friends.

Avenue Exercise: Step Up

Finish the day with a cardio based exercise activity such as Zumba, dance or boxing.

To find out more get in touch
with your local Avenue or email

hello@avenuecoworking.org.au