



Geckos Family Centre

Weekly/Monthly Program

Proudly sponsored by



MONDAY

JP Service

1.30pm - 3.00pm

Spouse Yoga
6pm - 7pm

**Spouse PT morning tea is held every 2nd Tuesday during off pay week

TUESDAY

Spouse PT Class

9.30am - 10.30am

Spouse PT Morning Tea**
After class

Barracks Boot Camp
6pm - 7pm

WEDNESDAY

Mums, Bubs and Bumps

9.30am - 10.30am

Dressmaking/Craft
9.30am - 11.30am

Metafit
6pm - 7pm

THURSDAY

Spouse PT Class

9.30am - 10.30am

Barracks Boot Camp
6pm - 7pm



FRIDAY

CamKids Playgroup

9.30am - 11.30am

Babysitting is available during Spouse PT Class from 9-11am.
Babysitting is also available by prior arrangement for Spouse Yoga and Wednesday night Metafit class.

The centre is open from 9am to 4pm Monday to Friday (excluding public holidays)

Available for private bookings outside these hours.

Come and use our playground and tennis court all day everyday.

Contact centre staff on Ph: (07) 4411 7031 • E: HQ3BDE.familynq@defence.gov.au

Web: www.geckosfamilycentre.org • www.facebook.com/groups/167935113192