

TERM 3 TIMETABLE 2023



Day Classes Only - See reverse for afternoon & evening classes

Timetable is a Guide only. Please enquire directly with class tutors for more information or to book in.

Contact details and class descriptions at www.mpcc.org.nz.

| MON | TUES | WED | THURS | FRI | SAT |
|----------------------------|---|------------------------------|-------------------------------------|---------------------------|--|
| | Anne Po Yoga 6 - 7am | | Anne Po Yoga 6 - 7am | | |
| Heidi Gymstick 9 - 10am | Christchurch Yoga 9.30 - 10.45am | | Walking Group 9.30 - 10.45am | Heidi Circuit 9 - 10am | Farmers Market 9.30am - 12.30pm |
| | Walking Group 9.30 - 10.45am | | | | |
| U3A 10am * | Loopy Tunes 9.15 - 10.15am | Dance Fitness 10 - 11am | One Stitch at a Time 10am - 12md | | YogaInuition Theme Class 10am - 12md |
| | Music for Babies & Toddlers 10.30 - 11.30am | Yoga with Hollie 12 - 1pm | | | |
| | Heidi's Inspiration 11.15am - 12.15pm | | | | |
| | | | | | |

*U3A 3rd Monday of the month

TERM 3 TIMETABLE 2023



Afternoon & Evening Classes Only - See reverse for morning classes

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| MON | TUES | WED | THURS | FRI | SAT |
|--------------------------------------|------------------------------------|-------------------------------------|--|--------------------------------|------------------------|
| Tai Chi 2.30 - 3.25pm | | Dance Revolution 3.30 - 6pm | Mt P Singers 1 - 2.30pm * | | |
| Dance Revolution 3.30 - 6:30pm | AK Dance Academy 3.30 - 5pm | Proactive Tigers 4.30 - 5pm | Dance Revolution 3:30 - 5.30pm | AK Dance Academy 3 - 5.30pm | |
| Proactive Tigers 4.30 - 5pm | Adult Tap Dancing 5.30 - 6.30pm | Proactive Panthers 5.10 - 5.55pm | | | |
| Proactive Panthers 5.10 - 5.55pm | Christchurch Yoga 5.45 - 7pm | Proactive Xtreme 6 - 7pm | Ukulele Jam! 4:00 - 5.30pm * | | SUN |
| Proactive Xtreme 6 - 7pm | | | Georgia Yoga 6.30 - 7.30pm | | Speedcube 1 - 3pm * |
| Mt P Ukulele Band 6 - 7pm | Heidi Gymstick 7 - 8pm | | Pilates for Runners 7.15 - 8.15pm | | |
| Fly High Yoga 6.30 - 7.30pm | | | Women's Embodiment Dance * 7.30 - 8.30pm | | |
| Pilates for runners 7.15 - 8.15pm | | | | | |

*The Mt P Singers and Ukulele Jam last Thursday of the month

*Women's Embodiment Dance every second Thursday

*Speedcube 3rd Sunday of the month