

# TERM 1 TIMETABLE 2026



**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](http://www.mpcc.org.nz).

MON	TUES	WED	THURS	FRI	SAT
	Anne Po Yoga 6 - 7am		Anne Po Yoga 7 - 8am		Yoga with Annelies 8 - 9am
Heidi Gymstick 9 - 10am	Loopy Tunes 9.30 - 10.00am	Yoga with Hamish 9.30 - 10.30am	Walking Group 9.30 - 10.45am	Mat Pilates All Levels 9.30 - 10.30am	Pitter Patter Dance 9 - 10.30am
	Christchurch Yoga 9.30 - 10.45am	Dance Fitness 10 - 11am	Yoga with Hamish 9.30 - 10.30am		Farmers Market 9am - 12pm
U3A 10am 3rd Monday of the month	Walking Group 9.30 - 10.45am	Pilates with Nicola 10.45-11.45am	One Stitch at a Time 10am - 12md	Heidi's Pilates/Yoga 10 - 11am	Yoga Intuition Theme Class 9.45am- 11.45am
	Heidi's Pilates/Yoga 11.15am - 12.15pm	Yoga with Hollie 12 - 1pm			



# TERM 1 TIMETABLE 2026



**Afternoon & Evening Classes Only - See reverse for morning classes**

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MON	TUES	WED	THURS	FRI	SAT
Tai Chi 2.30 - 3.20pm	AK Dance Academy 3.30 - 5pm	Dance Revolution 3.30pm Little ones 4.15pm Contemporary	MPCC Singers 1 - 2pm *		
Dance Revolution 3.30 - 5.15pm Jazz 5.15 - 6.30 musicals	AK Dance Academy 3.30 - 6.30pm	Dance Revolution 5.00 - 6pm Hip Hop	Dance Revolution 3.45-5.15pm Jazz & Contemporary	AK Dance Academy 3.30 - 5.30pm	
Proactive Tigers 4.30 - 5pm		Proactive Tigers 4.30 - 5pm			
Proactive Panthers 5.10 - 5.55pm		Proactive Panthers 5.10 - 5.55pm			
Proactive Xtreme & Kickboxing 6-8pm	Christchurch Yoga 5.30 - 7pm	Proactive Xtreme 6 - 7pm	Heidi's Pilates/ Yoga 5.30 - 6.30pm	Yoga with Annelies 5.30-6.30pm	
Ukulele Band 6 - 7pm		Yoga with Annelies 6.30-7.30pm	Power Pilates with Annelies 6-7.00pm		
Fly High Yoga 6.30 - 7.30pm	Heidi Gymstick 7 - 8pm	Proactive Kickboxing 7 - 8pm	Pilates for Runners 7.15 - 8.15pm		
Pilates for runners 7.15 - 8.15pm					

\* MPCC Singers last Thursday of the month