

TERM 1 TIMETABLE 2025



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 7 - 8am		
Heidi Gymstick 9 - 10am	Loopy Tunes 9.15 - 10.15am	Miss Melody Music 10 - 11am	Walking Group 9.30 - 10.45am	Mat Pilates All Levels 9.30 - 10.30am	Pitter Patter Dance 9 - 11.30am
	Christchurch Yoga 9.30 - 10.45am	Dance Fitness 10 - 11am	One Stitch at a Time 10am - 12md		Farmers Market 9.30am - 12.30pm
U3A 10am *	Walking Group 9.30 - 10.45am			Heidi's Pilates/Yoga 10 - 11am	YogaInuition Theme Class 9.30 - 11.30am
		Yoga with Hollie 12 - 1pm			
	Heidi's Pilates/Yoga 11.15am - 12.15pm				

*U3A 3rd Monday of the month

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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	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 - 6.15 hip hop	Kids Jazz Hip Hop 3.30- 5pm	Dance Revolution 5pm Musical Theatre	Dance Revolution 4.15pm Jazz & Contemporary	AK Dance Academy 3.30 - 5.30pm	
Proactive Tigers 4.30 - 5pm	Adult Tap Dancing 5.30 - 6.30pm	Proactive Tigers 4.30 - 5pm			
Proactive Panthers 5.10 - 5.55pm	Christchurch Yoga 5.30 - 7pm	Proactive Panthers 5.10 - 5.55pm	Adult dance fitness 5.30 - 6.30pm		SUN
Proactive Xtreme & Kickboxing 6-8pm		Proactive Xtreme 6 - 7pm			Speedcube 1 - 3pm *
Ukulele Band 6 - 7pm	Heidi Gymstick 7 - 8pm	Proactive Kickboxing 7 - 8pm	Pilates for Runners 7.15 - 8.15pm		
Fly High Yoga 6.30 - 7.30pm					
Pilates for runners 7.15 - 8.15pm					

*Speedcube 1st Sunday of the month

* MPCC Singers last Thursday of the month