

TERM 3 TIMETABLE 2022

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	Music class for Babies & Toddlers 9.30 - 10.30am			Farmers Market 9.30am - 12pm
Pilates Beg Mat 9.15 - 10.15am	Walking Group 9.30am	Tai Chi & Qigong 10.30 - 11.30am	Walking Group 9.30am	Technical computer help 10am - 12pm*	Art & Craft Market 9.30am - 12pm *
U3A 10am *	Heidi Yoga 11.15 - 12.15pm	Dance Fitness 10.30 - 11.30am	One Stitch at a Time 10am - 12pm		
YogaIntuition Theme Class 10.30am - 12pm					SUN
		Fly High Yoga 12 - 1pm			

* U3A 3rd Monday of the month

*Art & Craft Market 8 October, 12 November, 10 December

*Tech Help every second week starting 15 July

TERM 3 TIMETABLE 2022



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 - 5.15pm	Proactive Tigers 4.30 - 5pm	Dance Revolution 3:30 - 5.30pm		
Proactive Tigers 4.30 - 5pm		Proactive Panthers 5.10 - 5.55pm		Anne Po Yoga 5.45 - 6.45pm	
Proactive Panthers 5.10 - 5.55pm	Christchurch Yoga 5.45 - 7pm	Proactive Xtreme 6 - 7pm	Adult Ukulele 4.30 - 5.30pm	Yoga Beginners Course 7 - 8.30pm	SUN
Proactive Xtreme 6 - 7pm					Speedcube 1 - 3pm *
Mt P Ukulele Band 6 - 7pm	Heidi Gymstick 7 - 8pm		Georgia Yoga 6.30 - 7.30pm		
Fly High Yoga 6.30 - 7.30pm					

*The Mt P Singers last Thursday of the month

*Speedcube 3rd Sunday of the month