

TERM 3 TIMETABLE 2024



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 9.30 - 10.30am	Walking Group 9.30 - 10.45am		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

TERM 3 TIMETABLE 2024



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 3.30 - 6pm			
Dance Revolution 3.30 - 6:30pm	Kids Jazz Hip Hop 3.30- 5pm	Proactive Tigers 4.30 - 5pm	Dance Revolution 3:30 - 5.30pm	AK Dance Academy 3.30 - 5.30pm	
Proactive Tigers 4.30 - 5pm	Adult Tap Dancing 5.30 - 6.30pm	Proactive Panthers 5.10 - 5.55pm	Ukulele Class 4 - 5pm		
Proactive Panthers 5.10 - 5.55pm	Christchurch Yoga 5.30 - 7pm	Proactive Xtreme 6 - 7pm	Adult dance fitness 5.30 - 6.30pm		SUN
Proactive Xtreme & Kickboxing 6-8pm		Proactive Kickboxing 7 - 8pm		Yoga Beginners Course 7 - 9pm	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					
Pilates for runners 7.15 - 8.15pm					

***Speedcube 1st Sunday of the month**