

# TERM 2 TIMETABLE 2025

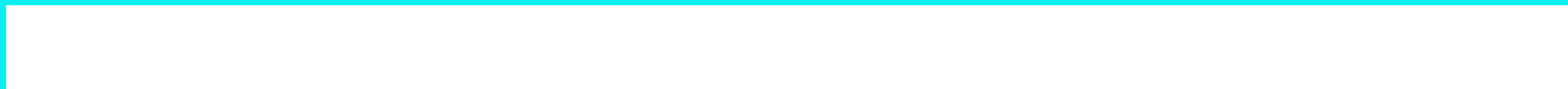


**Day Classes Only - See reverse for afternoon & evening classes**

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](http://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		Walking Group 9.30 - 10.45am	Mat Pilates All Levels 9.30 - 10.30am	Pitter Patter Dance 9 - 12pm
	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		One Stitch at a Time 10am - 12md	Heidi's Pilates/Yoga 10 - 11am	Yoga Intuition Theme Class 10am- 12pm
	Heidi's Pilates/Yoga 11.15am - 12.15pm	Yoga with Hollie 12 - 1pm			



# TERM 2 TIMETABLE 2025



**Afternoon & Evening Classes Only - See reverse for morning 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
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 musicals	AK Dance Academy 3.30 - 5.30pm	Dance Revolution 3.30 - 6pm Hip Hop	Dance Revolution 3.30 pm Jazz & Contemporary	AK Dance Academy 3.30 - 5.30pm	
Proactive Tigers 4.30 - 5pm	Christchurch Yoga 5.30 - 7pm	Proactive Tigers 4.30 - 5pm			
Proactive Panthers 5.10 - 5.55pm	Adult Dance 5.45 - 6.45pm	Proactive Panthers 5.10 - 5.55pm	Pilates/ Yoga 5.30 - 6.30pm		<b>SUNDAY</b> Speedcube 1 - 3pm 1st Sunday of Month
Proactive Xtreme & Kickboxing 6-8pm	Heidi Gymstick 7 - 8pm	Proactive Xtreme 6 - 7pm			
Ukulele Band 6 - 7pm		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					

\* MPCC Singers last Thursday of the month