

TERM 4 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 9.30 - 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		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 4 TIMETABLE 2025



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 musicals	AK Dance Academy 3.30 - 6.30pm	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		Proactive Tigers 4.30 - 5pm			
Proactive Panthers 5.10 - 5.55pm		Proactive Panthers 5.10 - 5.55pm			SUNDAY Speedcube 1 - 3pm 1st Sunday of Month
Proactive Xtreme & Kickboxing 6-8pm	Christchurch Yoga 5.30 - 7pm	Proactive Xtreme 6 - 7pm	Heidi's Pilates/ Yoga 5.30 - 6.30pm		
Ukulele Band 6 - 7pm		Proactive Kickboxing 7 - 8pm	Susan Forde Dance 5.45-7.00pm		
Fly High Yoga 6.30 - 7.30pm	Heidi Gymstick 7 - 8pm		Pilates for Runners 7.15 - 8.15pm		
Pilates for runners 7.15 - 8.15pm					

* MPCC Singers last Thursday of the month