

TERM 2 TIMETABLE 2023



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		Walking Group 9.30 - 10.45am	Heidi Circuit 9 - 10am	Farmers Market 9.30am - 12.30pm
	Walking Group 9.30 - 10.45am				
U3A 10am *	Music for Babies & Toddlers 10.30 - 11.30am	Dance Fitness 10 - 11am	One stich at a Time 10am - 12md		YogaInuition Theme Class 10am - 12md
	Heidi Yoga 11.15 - 12.15pm	Yoga with Hollie 12 - 1pm			

*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		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	Adult Tap Dancing 5.30 - 6.30pm	Proactive Panthers 5.10 - 5.55pm			
Proactive Panthers 5.10 - 5.55pm	Christchurch Yoga 5.45 - 7pm	Proactive Xtreme 6 - 7pm	Ukulele Jam! 4:00 - 5.30pm *		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			Pilates for Runners 7.15 - 8.15pm		

Pilates for runners
7.15 - 8.15pm

*The Mt P Singers and Ukulele Jam last Thursday of the month

*Speedcube 3rd Sunday of the month