

# TERM 4 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](http://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		Farmers Market 9.30am - 12.30pm
	Walking Group 9.30 - 10.45am				
U3A 10am *	Loopy Tunes 9.15 - 10.15am	Dance Fitness 10 - 11am	One Stitch at a Time 10am - 12md		YogaInuition Theme Class 9.30 - 11.30am
		Yoga with Hollie 12 - 1pm			
	Heidi's Inspiration 11.15am - 12.15pm				

\*U3A 3rd Monday of the month

# TERM 4 TIMETABLE 2023



**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		Dance Revolution 3.30 - 6pm	Mt P Singers 1 - 2.30pm *		
Dance Revolution 3.30 - 6:30pm	AK Dance Academy 3.30 - 5pm	Proactive Tigers 4.30 - 5pm	Dance Revolution 3:30 - 5.30pm	AK Dance Academy 3 - 5.30pm	
Proactive Tigers 4.30 - 5pm	Adult Tap Dancing 5.00 - 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 *		<b>SUN</b>
Proactive Xtreme 6 - 7pm					Speedcube 1 - 3pm *
Mt P Ukulele Band 6 - 7pm	Heidi Gymstick 7 - 8pm		Pilates for Runners 7.15 - 8.15pm		Food Truck Alley 4 - 8pm
Fly High Yoga 6.30 - 7.30pm					
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