

# TERM 1 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	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 stitch at a Time 10am - 12md	Tech Help 10 - 11am *	YogaIntuition: Free Meditation Course 10am - 12md
YogaIntuition Theme Class 10am - 12pm	Heidi Yoga 11.15 - 12.15pm	Yoga with Hollie 12 - 1pm			

\*U3A 3rd Monday of the month

\*Tech Help 3rd Friday of the month

# TERM 1 TIMETABLE 2023



**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		Proactive Panthers 5.10 - 5.55pm		Anne Po Yoga 5.45 - 6.45pm	
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		Georgia Yoga 6.30 - 7.30pm		FoodTruck 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