

Monday	Tuesday	Wednesday	Thursday	Friday
Gymsticks 9 - 10am	Christchurch Yoga 9:30 - 10:45am	Vinyasa Yoga 6 - 7am	Playgroup 9:30 - 11:30am	Circuits 9 - 10am
Pilates with Katrin 9:30 - 10:30am	French For Beginners 11:30 - 1pm	Circuits 9 - 10am	Iyengar Yoga 10 - 11:30pm	Qi gong 9 - 10:30am
U3A* 10 - 11:30am	Beginners Yoga 12pm - 1pm	The Music Box 9:30 - 10:15am	Mt Pleasant Singers* 1:30 - 3pm	
Cup of Tea by the Sea* 10 - 11am	French Conversation 1 - 2pm	Dance Revolution 3:30 - 5pm	KidsUke Beginners 3:30 - 4:15pm	Saturday
Dance Revolution 3:30 - 6:15pm	Shotokan Karate 4 - 5:30pm	Proactive Tigers 4:20 - 4:50pm	KidsUke Intermediate 4:30 - 5:30pm	Intermediate Yoga 9 - 10:30am
Proactive Tigers 4:20 - 4:50pm	Kidz Kido 4 - 5 / 5 - 6pm	Proactive Panthers 5 - 5:45pm	Dance Revolution 3:30 - 5pm	Beginners Yoga 10:45 - 12:30pm
Proactive Panthers 5 - 5:45pm	Christchurch Yoga 5:45 - 7 pm	Xtreme & Freestyle 6 - 6:50pm	Kidz Kido 4 - 5 pm	
Xtreme & Freestyle 6 - 6:50pm	Ballroom/Latin Dance 6 - 7pm	Iyengar Yoga 6 - 7:30pm	Ballroom/Latin Dance 6 - 8 pm	Sunday
Ukulele Band 6 - 7pm	Gymsticks 7 - 8pm	Meditation 7:30 - 9:30pm		Yin Yoga 6 - 7:30pm
Pilates with Jackie 6:30 - 7:30pm	Pilates with Katrin 7:15 - 8:15pm			

Key

Yoga / Pilates	Dance / Exercise
Martial Arts	Community / Spiritual
Music	Languages / Art

Contact Info and to book classes:

Please enquire directly with the class tutors for more information.
Go to www.mpcc.org.nz Class flyers and posters can be found in the centre.

This timetable is intended as a guide. Classes are subject to change, check with the tutor first

*U3A every 3rd Monday of the month, Mt Pleasant Singers the last Thursday of the month, Cup of Tea by the Sea held fortnightly.