

# Class Timetable - Term 2 - 2019

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
Cup of Tea by the Estuary* 10 - 11am	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 12 - 1pm	The Music Box 9:30 - 10:15am	One Stitch at a Time 10am - 12pm	Kids Yoga 4 - 5pm
Le Leche League* 10am - 12pm	French Conversation 1 - 2pm	Dance Revolution 3:30 - 5pm	Mt Pleasant Singers* 1:30 - 3pm	
Vinyasa Yoga 12 - 1pm	Shotokan Karate 4 - 5:30pm	Proactive Tigers 4:20 - 4:50pm	KidsUke 4 - 5pm	Saturday
Dance Revolution 3:30 - 6pm	Kidz Kido 4 - 5 / 5 - 6pm	Proactive Panthers 5 - 5:45pm	Kidz Kido 4 - 5pm	Intermediate Yoga 9 - 10:30pm
Proactive Tigers 4:20 - 4:50pm	Christchurch Yoga 5:45 - 7 pm	Xtreme & Freestyle 6 - 6:50pm	Dance Revolution 4 - 5:35pm	
Proactive Panthers 5 - 5:45pm	Ballroom/Latin Dance 6 - 7pm	Iyengar Yoga 6 - 7:30pm	Ballroom/Latin Dance 6 - 7 pm	Sunday
Xtreme & Freestyle 6 - 6:50pm	Gymsticks 7 - 8pm	Zumba 7 - 8pm	Tai-Chi & Qi gong 6:30 - 7:30pm	No Classes
Ukulele Band 6 - 7pm	Pilates with Katrin 7:15 - 8:15pm		Ballroom/Latin Dance 7 - 8pm	
Pilates with Jackie 6:30 - 7:30pm				

Key:

Hall	Activity Studio
Meeting Room	Other

## Contact info and to book classes

Please enquire directly with the class tutors for more information. Go to [www.mpcc.org.nz](http://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 & Le Leche League every 3<sup>rd</sup> Monday of the month, Mt Pleasant Singers the last Thursday of the month, Cup of Tea by the Estuary the 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month.