

Class Timetable - Term 2, 2018 - May to July

Monday	Tuesday	Wednesday	Thursday	Friday
Gymsticks 9 - 10am	Christchurch Yoga 9:30 - 10:45am	Vinyasa Yoga 6am - 7am	Iyengar Yoga 10 - 11:30am	Circuit 9 - 10am
U3A* 10 - 11:30am	Beginners Yoga 12 - 1pm	Circuit 9 - 10am	NEW! Playgroup 10:30 - 11:30am	Mini Maestros Music 10:30am - 11:15am
Cup of Tea by the Sea 10 - 11am	French Conversation 1 - 2pm	The Music Box 9:30 - 10:15am	Nia Dance 1 - 2pm	Kinder Keys Music 11:15 - 12pm
Latin Fire Dance 3:30 - 6:15pm	Kidz Kido 4 - 5pm	Mums & Bubs Yoga* 10 - 11am	Mt Pleasant Singers* 1:30 - 3pm	
Proactive Tigers 4:20 - 4:50pm	Shotokan Karate 4 - 5:30pm	Latin Fire Dance 3:30 - 4:30pm	Latin Fire Dance 3:30 - 5pm	Saturday
Panthers 5 - 5:45pm	Christchurch Yoga 5:45 - 7 pm	Contemporary Dance 5 - 6pm	Kids Ukulele 4 - 4:45pm	Intuitive Yoga 9 - 10:30am
Xtreme & Freestyle 6 - 6:50pm	Ballroom/Latin Dance 6 - 7pm	Proactive Tigers/Panthers 4:20 - 4:50pm/5 - 5:45pm	Kidz Kido 4 - 5 pm	Contemporary Dance 11am - 12.30pm
Ukulele Band 6 - 7pm	Gymsticks 7 - 8pm	Xtreme & Freestyle 6 - 6:50pm	Ballroom/Latin Dance 6 - 8pm	
Dance Improvisation 6:30 - 7:30pm		Iyengar Yoga 6 - 7:30pm	Yoga Sanga 6:15 - 7:30pm	Sunday
Muay Thai Kickboxing 7 - 7:50pm		Muay Thai Kickboxing 7 - 7:50pm	Natter over Needles 7 - 9pm	No Classes

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, costs and how to book. Go to www.mpcc.org.nz for more information. Class flyers and posters can be found in the centre.

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

*U3A every 3rd Monday of the month, Mt Pleasant Singers every 3rd Thursday of the month, Cup of Tea by the Sea held fortnightly, Mums & Bubs Yoga runs for 6 weeks from 16 May.