

TERM 3 TIMETABLE 2021

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.



MON	TUES	WED	THURS	FRI	SAT
Heidi's Gymsticks 9 - 10am	Anne Po Yoga 6 - 7am		Anne Po Yoga 6 - 7am	Heidi's Circuits 9 - 10am	Yoga Beginners Course 9 - 10.30am
U3A 10am *	Christchurch Yoga 9.30 - 10.45am	Amalia Preschool Music 9.30 - 10.30am	Walking Group 9.30am	Tai Chi 10.15 - 11.30am	Farmers Market 9.30am-12pm
	Walking Group 9.30am		One Stitch at a Time 10am - 12pm		Try Yoga Easy Stretching 11 am - 12.15 pm
	Movement & Music 11am - 12pm	Dance Fitness 10.30 - 11.30am	Parents & Babies 10.30am - 12pm		
		Fly High Yoga 12 - 1pm	TechMate * 10.30am - 12.30pm		SUN
			Mat Pilates 11.30am - 12.30pm		

* U3A meet 3rd Monday of each month

*Techmate every second Thursday

TERM 3 TIMETABLE 2021



Afternoon & Evening Classes Only - See reverse for morning classes

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MON	TUES	WED	THURS	FRI	SAT
Dance Revolution 3.30 - 6:30pm	Heidi's Yoga 12.00 - 1.00pm	Dance Revolution 3.30 - 6pm	Mt P Singers 1 - 2.30pm *		
Proactive Tigers 4.30 - 5pm	Azalea Dance 3.30 - 5.15pm	Proactive Tigers 4.30 - 5pm	Dance Revolution 3:30 - 5.30pm	Anne Po Yoga 5.45 - 6.45pm	
Proactive Panthers 5.10 - 5.55pm	Christchurch Yoga 5.45 - 7pm	Proactive Panthers 5.10 - 5.55pm	Adult Ukulele 4.30 - 5.30pm		
Proactive Xtreme 6 - 7pm	Group Soundscapes 6 - 7pm *	Proactive Xtreme 6 - 7pm	Post Natal Pilates 6 - 7pm		SUN
Mt P Ukulele Band 6 - 7pm	Heidi's Gymsticks 7 - 8pm	Jete Studio Acro Dance 6 - 8pm	Mat Pilates 7 - 8pm		Speedcube Class 1 - 3pm *
Fly High Yoga 6.30 - 7.30pm	Breathwork Class 7.15 - 8.15pm		On Broadway 6 - 7pm *		Anne Po Yoga 5 - 6pm
Latin Ballroom 7 - 8pm			Latin Ballroom 7 - 8pm		Ecstatic Dance 5.30 - 7pm *

*Group Soundscapes 3rd Tuesday of the month

*The Mt P Singers 4th Thursday of each month

* No On Broadway in August

*Speedcube class 3rd Sunday of each month

*Ecstatic Dance every second Sunday