



Weekly Timetable - Term 3 26th July - 1st October 2021

Monday

10:00am - 11:15am	Gentle Flow Yoga with Heather Yoga for all! Gently explore movement, breath, relaxation, and mindful focus. Drop in's welcome.	\$15 / class Heather - 022 106 5606
11:30am - 12:30pm	Tai Chi for Beginners Increase your levels of strength, energy and flexibility. Drop in's welcome.	\$2 / class Marie - (09) 445 2327
6:00pm - 7:30pm	Karate Shotokan Karate. Adults and children welcome.	Contact David for more info David - 021 100 9394
7:30pm - 8:30pm	Yoga with Ines Gentle yoga flow class for all levels. Drop in's welcome.	\$15 / class Ines - 021 110 0605

Tuesday

9:15am - 10:00am	Mum Squad Resistance Workout Using light dumbbells and high reps to tone and shape your entire body. All levels of fitness are suitable for this workout. Drop in's welcome!	\$20 / class (casual) Concessions available Sarah - 021 232 7906
10:00am - 11:00am	Yoga with David Chair - Stretch, Breathe, Relax. Drop in's welcome.	\$10 / class David - 027 522 3757
10:00am - 2:30pm	Leisure Painters A group of mostly retired people who paint, sketch and work together. New members welcome! Just drop in.	\$8 / class Linda- 022 600 4659



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10:15am - 11:00am	Mum Squad Mat Pilates Work and strengthen your "Powerhouse" – your core, glutes and back. No experience necessary. Drop in's welcome!	\$20 / class (casual) Concessions available Sarah - 021 232 7906
3:00pm - 5:00pm	Brendon Pooley Art Class Art class catering to all levels. Supplies provided but welcome to bring your own!	\$25 / class Brendon - 020 4189 1649
4:30pm - 5:30pm	Jiu Jitsu with Kauan Gracie Jiu Jitsu for all youth practitioners.	\$20 / class Kauan - 021 128 4969
6:30pm - 7:30pm Beginner 7:30pm - 8:30pm Intermediate	Salsa All ages, great fun, fitness & people! You don't need to bring a dance partner.	\$15 / class Lofty - 021 572 023

Wednesday

9:30am - 11:00am	Bells & Whistles Playgroup All welcome. Morning tea provided. No need to book, just come along and play.	\$2 per family
10:00am - 12:00pm	Knitting Friendship Group All welcome to come along and knit or crochet. Donations of wool always gratefully accepted. Drop in's welcome.	Optional gold coin donation Peta - 021 148 6414
11:30am - 12:30pm	Tai Chi for Beginners Increase your levels of strength, energy and flexibility. Drop in's welcome!	\$2 / class Marie - (09) 445 2327
2:00pm - 4:00pm	Table Tennis Drop in and play Table Tennis! All equipment supplied. No booking required.	Gold coin donation



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3:45pm - 5:15pm	Ruby's Art Club Art club for kids and aspiring artists aged 10 - 15 years. Come explore all kinds of art and find the medium you love!	\$35 / class Ruby - 021 049 3673
6:00pm - 7:30pm	Karate Shotokan Karate. Adults and children welcome!	Contact David for more info David - 021 100 9394

Thursday

9:15am - 10:00am	Mum Squad Resistance / Cardio Workout Using light dumbbells and high reps to tone and shape your entire body mixed with cardio to get your heart rate up and get you fitter! Drop in's welcome!	\$20 / class (casual) Concessions available Sarah - 021 232 7906
10:00am - 11:00am	Yoga with David Mat - Stretch, Breathe, Relax. Drop in's welcome.	\$10 / class David - 027 522 3757
10:15am - 11:00am	Mum Squad Mat Pilates Work and strengthen your "Powerhouse" – your core, glutes and back. No experience necessary. Drop in's welcome!	\$20 / class (casual) Concessions available Sarah - 021 232 7906
4:30pm - 5:30pm	Jiu Jitsu with Kauan Gracie Jiu Jitsu for all youth practitioners!	\$20 / class Kauan - 021 128 4969
5:45pm - 6:45pm	Elemental Music Meditation Switch off your mind! Movement meditation to music. All welcome, just drop in.	\$15 / class Richard - 021 236 7708
7:00pm - 8:30pm	Te Reo Class Come learn Te Reo! All welcome, just drop in. No booking required.	Koha for entry Mark - 027 280 4402



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Friday

9:00am - 11:00am	Sports 4 Tots High energy structured play programme for boys and girls 2 - 4 years old.	Contact Lorna for more info and to book - lorna@sports4tots.co.nz
9:30am - 1:30pm	Friday Art Group	CLASS FULL

Saturday

9:00am - 11:00am	Toy Library 100's of quality toys for ages 0-6 years http://www.playawhile.org/	Short and long term memberships available - see website for details
12:00pm - 4:00pm	The Repair Cafe 7th August and 4th September Come along for some help to repair or restore your broken or damaged items. Just come along! No booking required.	FREE entry

Sunday

9:00am - 10:00am	Yoga with Andrew No previous experience needed. Non religious, all faiths welcome. Drop in's welcome.	\$15 / class Andrew - 020 4088 9229
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All class and workshop details are correct as of the start of term. They are subject to change and cancellation.