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|---|--|--|--|---|---|--------|
| <p>Walking Group 9:00am Depart MHCC </p> <p>Pure ZUU 9:15 – 10:00am  Cost: \$5 or FREE for FC members</p> <p>Gymnastics  1:45 – 2:30pm (2-4yrs) 3:15 – 6:30pm (5-14yr) Cost: \$75 per term - preschool \$95 per term - school age (starts 31st July)</p> <p>Mahana Guitar School 4:30 – 8:00pm </p> <p>Dru Yoga 6:30 – 7:45pm </p> | <p>Group Fitness  5:45 – 6:45am</p> <p>Cardio Tennis  9:00 – 10:00am No ability necessary Upper Moutere Tennis Club</p> <p>Music & Movement 9:30am (starts 25th July) </p> <p>Dru Yoga  9:30 – 11:00am</p> <p>Gymnastics 3:30 – 5:30pm (Invite only)</p> <p>Senior Rugby Training  6:00 – 7:30pm Gold coin donation</p> <p>Qigong/ Ren Xue Yuan Gong  7:00 – 8:30pm</p> <p>Adults Social Badminton  7:00 – 8:30pm Cost: \$3</p> <p>Dru Yoga for Men  6:30 – 7:45pm</p> | <p>Midweek Tennis Coaching  9:00 – 10:30am Upper Moutere Tennis Club</p> <p>Powerhooping  9:15 – 10:00am</p> <p>Metafit  6:00 – 6:30pm Cost: \$5 or FREE for FC members</p> <p>Core Foundations 6:30 – 7:15pm Cost: \$7 or FREE for FC members (\$10 for both sessions)</p> <p>Adults Social Table Tennis  7:00 – 9:00pm Cost: \$3</p> | <p>Midweek Tennis Coaching  9:00 – 10:30am Upper Moutere Tennis Club</p> <p>Shine Yoga  9:30 – 10:45am</p> <p>ZUU Chimps 3:45 – 4:15pm Cost: \$3 (starts 27th July)</p> <p>Pure ZUU 4:45 – 5:30pm Cost: \$5 or FREE for FC members (start 27th July)</p> <p>Circuit class 6:00 – 6:45pm Cost: \$5 or FREE for FC members (start 27th July)</p> <p>Adults Volleyball (Intermediate/Advanced)  7:00 – 8:00pm Cost: \$3</p> <p>Adults Volleyball (Beginner/Social)  8:00 – 9:30pm Cost: \$3</p> | <p>Group Fitness  5:45 – 6:45am</p> <p>Metafit  9:00 – 9:30am Cost: \$5 or FREE for FC members</p> <p>Legs, Bums & Tums 9:30 – 10:00am Cost: \$5 or FREE for FC members</p> <p>Playgroup  10:00 – 12:00pm All welcome</p> <p>Boxing Fit  5:30 – 7:00pm</p> | <p>Tennis Club Day 9:30am onwards Upper Moutere Tennis Club </p> <p>CONTACTS</p> <p>Dru Yoga Kris 027 525 2814</p> <p>Group Fitness/Core Foundations/Metafit Carol 021 908 539</p> <p>Gymnastics Sam 021 069 5991</p> <p>Mahana Guitar School Jim (03) 528 9775</p> <p>Cardio Tennis/Coaching Vanessa 027 511 8826</p> <p>Playgroup Anna 021 2626675</p> <p>Rugby Mark 027 422 9949</p> <p>Shine Yoga Elaine 021 260 8415</p> <p>Powerhooping Sara 021 069 7522</p> <p>Boxing Fit Miles 027 4291 483</p> <p>Qigong/Ren Xue/Yuan Gong Saija 5432 088</p> <p>Pure ZUU & ZUU Chimps Carl 021 023 68260</p> <p>Music & Movement Anne 021 121 3389</p> | |