

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Active Older Adults 10:00 – 10:45am <i>Low impact class/for anyone getting back into fitness</i> Cost: \$5 or FREE for FC members</p> <p>Gymnastics 3:15 – 6:30pm (5-14yr) Cost: \$75 per term - preschool \$95 per term - school age (starts 16 Oct)</p> <p>Interschools Tennis League 3:15-6:00pm Upper Moutere Tennis Club</p> <p>Mahana Guitar School 4:30 – 8:00pm Fortnightly starting on the 16 Oct</p> <p>Dru Yoga 6:30 – 7:45pm</p> <p>Pure ZUU 7:15 – 8:00pm Cost: \$5 or FREE for FC members</p> <p>Boxfit 8:00 – 8:45pm Cost: \$5 or FREE for FC members</p>	<p>Group Fitness 5:45 – 6:45am Bookings Essential</p> <p>Cardio Tennis 9:00 – 10:00am No ability necessary Upper Moutere Tennis Club</p> <p>Music & Movement 9:30am</p> <p>Dru Yoga 9:30 – 11:00am</p> <p>Gymnastics 3:30 – 5:30pm (Invite only)</p> <p>Social Touch 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 Contact Mark to book your court time</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 Casual \$12 (includes pwrhoop) Concession available Powerhoops available to purchase</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>Pure ZUU 9:00 – 9:45am Cost: \$5 or FREE for FC members</p> <p>Shine Yoga 9:30 – 10:45am</p> <p>Boxfit 10:00 – 10:45pm Cost: \$5 or FREE for FC members</p> <p>Junior Tennis Coaching 3:15- 6:00pm All Levels Upper Moutere Tennis Club</p> <p>Circuit class 6:00 – 6:45pm Cost: \$5 or FREE for FC members (start 27th July)</p> <p>Adults Volleyball (Intermediate/Advanced) 6:45 – 8:00pm (Beginner/Social) 8:00 – 9:30pm Cost: \$3</p>	<p>Group Fitness 5:45 – 6:45am Bookings Essential</p> <p>Metafit 9:00 – 9:30am Cost: \$5 or FREE for FC members</p> <p>Core Foundations 9:30 – 10:00am Cost: \$5 or FREE for FC members</p> <p>Playgroup 10:00 – 12:00pm All welcome</p> <p>Friday Futsal 3:30 – 5:00pm</p> <p>Teen Circuit 4:15 – 5:00pm <i>parents welcome to come and train with your teen</i> Cost: \$5 or FREE for FC members</p>	<p>Rangers Cricket Club Presidents Grade Social Cricket Games 2:00pm onwards See MHCC calendar for home ground game dates</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 022 4600 320</p> <p>Playgroup Anna 021 2626675</p> <p>Touch Mark 027 422 9949</p> <p>Shine Yoga Elaine 021 260 8415</p> <p>Powerhooping Sara 021 069 7522</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> <p>Friday Futsal Owen 021 226 8640</p> <p>Badminton Mark 022 424 3564</p> <p>Rangers Senior Cricket Franklin 027 445 6581</p>