

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Metafit PWR</b> 6:00 – 6:45am Bookings Essential <b>Starts 8 Jan 2018</b></p> <p><b>Active Older Adults</b> 10:00 – 10:45am <i>Low impact class/for anyone getting back into fitness</i> Cost: \$5 or FREE for FC members <b>Starts on 15 Jan 2018</b></p> <p><b>Dru Yoga</b> 6:30 – 7:45pm <b>Starts on 8 Jan 2018</b></p> <p><b>Pure ZUU</b> 7:15 – 8:00pm Cost: \$5 or FREE for FC members <b>Starts on 15 Jan 2018</b></p> <p><b>Boxfit</b> 8:00 – 8:45pm Cost: \$5 or FREE for FC members <b>Starts on 15 Jan 2018</b></p>	<p><b>Group Fitness</b> 6:00 – 6:45am Bookings Essential <b>Starts 9 Jan 2018</b></p> <p><b>Dru Yoga</b> 9:30 – 11:00am <b>Starts on 9 Jan 2018</b></p> <p><b>Social Touch</b> 6:00 – 7:30pm Gold coin donation <i>Continues throughout the holidays</i></p> <p><b>Qigong/ Ren Xue Yuan Gong</b> 7:00 – 8:30pm <b>Starts on 9 Jan 2018</b></p> <p><b>Adults Social Badminton</b> 7:00 – 8:30pm Cost: \$3 Contact Mark to book your court time <b>Starts on 9 Jan 2018</b></p> <p><b>Dru Yoga for Men</b> 6:30 – 7:45pm <b>Starts on 9 Jan 2018</b></p>	<p><b>Powerhooping</b> 9:15 – 10:00am Casual \$12 (includes pwrhoop) Concession available Powerhoops available to purchase <b>Starts on 10 Jan 2018</b></p> <p><b>Metafit</b> 6:00 – 6:30pm Cost: \$5 or FREE for FC members</p> <p><b>Core Foundations</b> 6:30 – 7:15pm Cost: \$5 or FREE for FC members (\$10 for both sessions) <b>Starts on 15 Jan 2018</b></p>	<p><b>Fun Fitness</b> 6:00 – 6:45am Bookings Essential <b>Starts 11 Jan 2018</b></p> <p><b>Pure ZUU</b> 9:00 – 9:45am Cost: \$5 or FREE for FC members <b>Starts on 18 Jan 2018</b></p> <p><b>Boxfit</b> 10:00 – 10:45pm Cost: \$5 or FREE for FC members <b>Starts on 18 Jan 2018</b></p> <p><b>Circuit class</b> 6:00 – 6:45pm Cost: \$5 or FREE for FC members <b>Starts on 18 Jan 2018</b></p> <p><b>Adults Volleyball (Intermediate/Advanced)</b> 6:45 – 8:00pm</p> <p><b>(Beginner/Social)</b> 8:00 – 9:30pm Cost: \$3 <i>Continues throughout the holidays</i></p>	<p><b>Metafit</b> 9:00 – 9:30am Cost: \$5 or FREE for FC members</p> <p><b>Core Foundations</b> 9:30 – 10:00am Cost: \$5 or FREE for FC Members <b>Starts on 19 Jan 2018</b></p> <p><b>Playgroup</b> 10:00 – 12:00pm All welcome <b>Starts on the 19 Jan 2018</b></p>	<p><b>Rangers Cricket Club</b> Presidents Grade Social Cricket Games 2:00pm onwards See MHCC calendar for home ground game dates</p>	<p><b><u>CONTACTS</u></b></p> <p><b>Dru Yoga</b> Kris 027 525 2814</p> <p><b>Group &amp; Fun Fitness Core Foundations Metafit / Meta PWR</b> Carol 021 908 539</p> <p><b>Playgroup</b> Anna 021 2626675</p> <p><b>Touch</b> Mark 027 422 9949</p> <p><b>Powerhooping</b> Sara 021 069 7522</p> <p><b>Qigong/Ren Xue/Yuan Gong</b> Saija 5432 088</p> <p><b>Pure ZUU / Boxfit</b> Carl 021 023 68260</p> <p><b>Badminton</b> Mark 022 424 3564</p> <p><b>Rangers Senior Cricket</b> Franklin 027 445 6581</p>