

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CONTACTS
<p><b>MetaPRO/PWR</b> 6:00 – 6:45am Bookings Essential Starts 7 May</p> <p><b>Re-Activate</b> 9:30 – 10:15am <i>Low impact class/for anyone getting back into fitness</i> Cost: \$5 or FREE for FC members</p> <p><b>Gymnastics</b> 3:20 – 4:10pm (5-7 yrs) 4:20 – 5:10pm (7-9 yrs) 5:20 – 6:35pm (10+ yrs) Cost: Classes start from \$65 per term (starts 7 May)</p> <p><b>Mahana Guitar School</b> 4:30 – 8:00pm Fortnightly starting Monday 30 April</p> <p><b>Dru Yoga</b> 6:30 – 7:45pm Contact - Kris</p> <p><b>Pure ZUU</b> 7:15 – 8:00pm Cost: \$5 or FREE for FC members</p> <p><b>Boxfit</b> 8:00 – 8:45pm Cost: \$5 or FREE for FC members</p>	<p><b>Group Fitness</b> 5:45 – 6:45am Bookings Essential</p> <p><b>Cardio Tennis</b> 9:00 – 10:00am No ability necessary Upper Moutere Tennis Club</p> <p><b>Dru Yoga</b> 9:30 – 11:00am Contact – Brigid</p> <p><b>Gymnastics Tumbling Class</b> 3:30 – 4:15pm (6-9yrs) 4:15 – 5:30pm (10+ yrs) (starts 8 May)</p> <p><b>Social Touch Valley Stags Training</b> 6:00 – 7:30pm</p> <p><b>Qigong/ Ren Xue Yuan Gong</b> 7:00 – 8:30pm No classes from the 8 May – 10 July</p> <p><b>Adults Social Badminton</b> 6.30 – 8:00pm Cost: \$3 Contact Mark to book your court time</p> <p><b>Dru Yoga for Men</b> 6:30 – 7:45pm Contact – Kris</p> <p><b>Adult Futsal</b> 8.00pm – 9.30pm</p>	<p><b>Powerhooping</b> 9:15 – 10:15am Casual \$12 (includes pwrhoop) Concession available Powerhoops available to purchase</p> <p><b>Midweek Tennis Coaching</b> 9:00 – 10:30am Upper Moutere Tennis Club</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)</p> <p><b>Adults Social Table Tennis</b> 7:00 – 9:00pm Cost: \$3</p>	<p><b>Group Fitness</b> 5:45 – 6:45am Bookings Essential</p> <p><b>Midweek Tennis Coaching</b> 9:00 – 10:30am Upper Moutere Tennis Club</p> <p><b>Shine Yoga</b> 9:30 – 10:45am</p> <p><b>Pure ZUU</b> 9:00 – 9:45am Cost: \$5 or FREE for FC members</p> <p><b>Boxfit</b> 10:00 – 10:45am Cost: \$5 or FREE for FC members</p> <p><b>Circuit class</b> 6:00 – 6:45pm Cost: \$5 or FREE for FC members</p> <p><b>Adults Volleyball (Intermediate/Advanced)</b> 6:45 – 8:00pm <b>(Beginner/Social)</b> 8:00 – 9:30pm Cost: \$3</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</p> <p><b>Sharing Table</b> Front foyer 9:00 – 4:00pm Bring what you have take what you need</p> <p><b>Playgroup</b> 10:00 – 12:00pm All welcome</p>	<p><b>Rangers Netball Club</b> Playing in Motueka League on Saturdays</p>	<p><b>Dru Yoga</b> Kris 027 525 2814 Brigid 021 101 5166</p> <p><b>Group Fitness Core Foundations Metafit / Meta PWR/PRO</b> Carol 021 908 539</p> <p><b>Playgroup</b> Anna 021 2626675</p> <p><b>Gymnastics/Tumbling Class</b> Sam 021 069 5991 <a href="http://www.tasmangymnasticsclub.com">www.tasmangymnasticsclub.com</a></p> <p><b>Cardio Tennis/Coaching</b> Vanessa 022 4600 320</p> <p><b>Social Touch Valley Stags Training</b> Mark 027 422 9949</p> <p><b>Mahana Guitar School</b> Jim (03) 528 9775</p> <p><b>Powerhooping</b> Sara 021 069 7522 <a href="mailto:powerhoopingnelson@gmail.com">powerhoopingnelson@gmail.com</a></p> <p><b>Qigong/Ren Xue/Yuan Gong</b> Saija 5432 088</p> <p><b>Shine Yoga</b> Elaine 021 260 8415</p> <p><b>Pure ZUU / Boxfit</b> Carl 021 023 68260</p> <p><b>Badminton</b> Mark 022 424 3564</p> <p><b>Rangers Netball</b> Louise 027 570 5933</p> <p><b>Adult Futsal</b> Owen – 021 226 8640</p>