

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CONTACTS
<p>MetaPRO/PWR 6:00 – 6:45am Bookings Essential</p> <p>Re-Activate 9:30 – 10:15am <i>Low impact class/for anyone getting back into fitness</i> Cost: \$5 or FREE for FC members</p> <p>Gymnastics 12:30- 1:15pm (pre-school) 3:20 – 4:10pm (5-7 yrs) 4:20 – 5:10pm (7-9 yrs) 5:20 – 6:35pm (10+ yrs) Prices from \$65 per term (starts 30 July for 8 weeks)</p> <p>Mahana Guitar School 4:30 – 8:00pm Fortnightly starting Monday 23 July</p> <p>Dru Yoga 6:30 – 7:45pm Contact - Kris</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>Dru Yoga 9:30 – 11:00am Contact – Brigid</p> <p>Gymnastics Tumbling Class 3:30 – 4:15pm (6-9yrs) 4:15 – 5:30pm (10+ yrs) (starts 31 July for 8 weeks)</p> <p>Social Touch 6:00 – 7:30pm Gold coin donation</p> <p>Adults Social Badminton 6:30 – 8:00pm Cost: \$3 Contact Mark to book</p> <p>Dru Yoga for Men 6:30 – 7:45pm Contact – Kris</p> <p>Qigong/ Ren Xue Yuan Gong 7:00 – 8:30pm</p> <p>Adult Futsal 8.00pm – 9.30pm Run by Rangers Football Club</p>	<p>Powerhooping 9:15 – 10:15am Casual \$12 (includes pwrhoop) Concession available</p> <p>Midweek Tennis Coaching 9:00 – 10:30am Upper Moutere Tennis Club</p> <p>Fitness Centre Drop In Session 1:30pm – 2:30pm Fitness Centre Members Only</p> <p>The Worx Teen Training 4:30pm – 5:30pm Register to Join</p> <p>Metafit 6:00 – 6:30pm Cost: \$5 or FREE for FC members</p> <p>Core Foundations 6:30 – 7:15pm Cost: \$5 or FREE for FC members (\$10 for both sessions)</p> <p>Ashtanga Yoga 6:00 – 7:30pm Bookings Essential</p> <p>Adults Social Table Tennis 7:00 – 9:00pm Cost: \$3</p>	<p>Group Fitness 5:45 – 6:45am Bookings Essential</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>Boxfit 10:00 – 10:45am Cost: \$5 or FREE for FC members</p> <p>Circuit class 6:00 – 6:45pm Cost: \$5 or FREE for FC members</p> <p>Adults Volleyball (Intermediate/Advanced) 6:45 – 8:00pm (Beginner/Social) 8:00 – 9:30pm Cost: \$3</p>	<p>MetaPRO/PWR 6:00 – 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>Sharing Table Front foyer 9:00 – 4:00pm Bring what you have, take what you need</p> <p>Playgroup 10:00 – 12:00pm All welcome</p> <p>The Worx Teen Training 4:30pm – 5:30pm Register to Join</p> <p>Tasman Boxing Youth Programme 6:00pm – 7:00pm Starting 24 August Registrations Essential</p>	<p>Rangers Netball Club Playing in Motueka League on Saturdays</p>	<p>CONTACTS</p> <p>Dru Yoga Kris 027 525 2814 Brigid 021 101 5166</p> <p>Group Fitness Meta PWR/PRO Carol 021 908 539 FB: metafit Moutere</p> <p>Playgroup Anna 021 2626675</p> <p>Gymnastics/Tumbling Class Sam 021 069 5991 www.tasmangymnasticsclub.com</p> <p>Cardio Tennis/Coaching Vanessa 022 4600 320</p> <p>Social Touch Mark 027 422 9949</p> <p>Mahana Guitar School Jim (03) 528 9775</p> <p>Powerhooping Sara 021 069 7522 powerhoopingnelson@gmail.com</p> <p>Qigong/Ren Xue/Yuan Gong Saija 5432 088</p> <p>Ashtanga Yoga Vicki 021 543 216</p> <p>Badminton Mark 022 424 3564</p> <p>Rangers Netball Louise 027 570 5933</p> <p>Adult Futsal Owen – 021 226 8640 www.rangersfc.nz</p> <p>Social Basketball Faris: mail@skybarn.nz</p> <p>Fitness Centre Classes, Tasman Boxing, the Worx Adele 027 5118826 or adele@mouterehills.org.nz</p>
					Sunday	
					<p>Social Basketball 5.00pm – 6.00pm All Welcome Contact Faris to confirm game if happening on that week</p> 	