

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<u>CONTACTS</u>
<p><b>Re-Activate</b> 9:30 – 10:15am Cost: \$5 or FREE for FC members</p> <p><b>Gymnastics</b> 12:30- 1:15pm (pre-school) 3:20 – 4:10pm (5-8 yrs) 4:20 – 5:10pm (7-10 yrs) 5:20 – 6:35pm (9+ yrs) Classes start from \$75 per term (starts 11 Feb for 8 weeks)</p> <p><b>Mahana Guitar School</b> 4:30 – 8:00pm Fortnightly starting Monday 11 Feb</p> <p><b>Pure ZUU</b> 7:15 – 8:00pm 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 – Brighid</p> <p><b>Gymnastics Tumbling Class</b> 3:30 – 4:15pm (6-9yrs) 4:15 – 5:30pm (10+ yrs) (starts 12 Feb for 8 weeks)</p> <p><b>The Worx Teen Training</b> 4:30pm – 5:30pm Register to Join</p> <p><b>Social Touch</b> 6:00 – 7:30pm Gold coin donation</p> <p><b>Qigong/ Ren Xue Yuan Gong</b> Advanced Class 7:00 – 8:30pm (contact Saija for more info on beginners class)</p> <p><b>Box' n Burn</b> 6:00 – 6:45pm Cost: \$5 or FREE for FC members</p> <p><b>Adults Social Badminton</b> 6.45 – 8:30pm Cost: \$3 Contact Mark to book your court time</p>	<p><b>Stretch &amp; Flex Yoga</b> 6:00 – 7:00am Contact - Kris</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>Ashtanga Yoga</b> 6:00 – 7:30pm</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>Junior Tennis Coaching</b> 3:15- 6:00pm All Levels Welcome 5+ yrs old and up Upper Moutere Tennis Club</p> <p><b>The Worx Teen Training</b> 4:30pm – 5:30pm Register to Join</p> <p><b>Re-Activate</b> 6:00 – 6:45pm Cost: \$5 or FREE for FC members</p> <p><b>Adults Volleyball Social Grade</b> 6:45 – 8:15pm Cost: \$3</p>	<p><b>Box' n Burn</b> 6:15 – 7:00am Cost: \$5 or FREE for FC members</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 Leave what you like, take what you need</p> <p><b>Playgroup</b> 10:00 – 12:00pm All welcome</p>	<p><b>MetaPRO</b> 8:30am</p> <p><b>MetaPWR</b> 9:00am</p> <p><b>Core Foundations</b> 9:30am Bookings Essential. Does not run every week at the MHCC so contact Carol for dates and to make your booking</p>	<p><b>Dru Yoga</b> Brighid 021 101 5166</p> <p><b>Stretch &amp; Flex</b> Kris 027 525 2814</p> <p><b>Group Fitness</b> <b>Core Foundations</b> <b>Metafit / Meta PWR/PRO</b> Carol 021 908 539 FB: metafit Moutere</p> <p><b>The Worx Teen Training</b> Adele (Fitness Centre Manager) 027 511 8826 or call into the centre</p> <p><b>Playgroup</b> Renee – 027 293 7326</p> <p><b>Gymnastics/Tumbling Class</b> Sam 021 069 5991 <a href="http://www.tasmangymnasticsclub.com">www.tasmangymnasticsclub.com</a></p> <p><b>Tennis</b> Vanessa 022 4600 320</p> <p><b>Social Touch</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 543 2088 <a href="mailto:Saija.leaning@yahoo.co.uk">Saija.leaning@yahoo.co.uk</a></p> <p><b>Ashtanga Yoga</b> Vicki 021 543 216</p> <p><b>Pure ZUU</b> Carl 021 023 68260</p> <p><b>Badminton</b> Mark 022 424 3564</p>