

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday	<u>CONTACTS</u>
<p>Marv's Bootcamp 6:00 – 6:45am Cost: \$5 or FREE for FC members</p>	<p>Energise Group Fitness 5:45 – 6:45am Bookings Essential</p>	<p>Powerhooping 9:15 – 10:15am Casual \$12 (includes pwrhoop) Concession available Powerhoops available to purchase</p>	<p>Energise Group Fitness 5:45 – 6:45am Bookings Essential</p>	<p>Metafit 9:00 – 9:30am Cost: \$5 or FREE for FC members</p>		<p>Gymnastics/Tumbling Class Sam 021 069 5991 www.tasmangymnasticsclub.com</p> <p>Energise Group Fitness Metafit / Core Foundations Cindus 027 358 7233 FB: Metafit Moutere Nelson NZ FB: Energise Group Fitness</p> <p>Pure ZUU Carl 021 023 68260</p> <p>Marv's Bootcamp Marv 027 312 6435</p> <p>Playgroup/Baby Playgroup Renee – 027 293 7326</p> <p>Social Bowls Dave – 021 364 044</p> <p>Tennis Coaching/Cardio Tennis Vanessa 022 4600 320 claybrookestate@xtra.co.nz</p> <p>Social Touch Mark 027 422 9949</p> <p>Powerhooping Sara 021 069 7522 powerhoopingnelson@gmail.com</p> <p>Qigong/Ren Xue/Yuan Gong Saija 543 2088 Saija.leaning@yahoo.co.uk</p> <p>Stretch & Flex & Ashtanga Yoga Vicki 021 543 216</p> <p>Badminton Mark 022 424 3564</p>
<p>Re-Activate 9:30 – 10:15am Cost: \$5 or FREE for FC members</p>	<p>Cardio Tennis 9:00 – 10:00am Upper Moutere Tennis Club Bookings Essential</p>	<p>Baby Playgroup 9:30 – 11:30am All welcome</p>	<p>Midweek Tennis Coaching 9:00 – 10:30am Upper Moutere Tennis Club</p>	<p>Core Foundations 9:30 – 10:00am Cost: \$5 or FREE for FC Members (\$10 for both sessions)</p>		
<p>Gymnastics 12:30- 1:15pm (pre-school) 3:20 – 4:20pm (5-8 yrs) 4:20 – 5:10pm (7-10 yrs) 5:20 – 6:35pm (9+ yrs) (starts 5 Aug for 8 weeks)</p>	<p>Stretch & Flex with Vicki 9:30 – 10:15am</p>	<p>Metafit 6:00 – 6:30pm Cost: \$5 or FREE for FC members</p>	<p>Re-Activate 6:00 – 6:45pm Cost: \$5 or FREE for FC members</p>	<p>Playgroup 10:00 – 12:00pm All welcome</p>		
<p>Pure ZUU 7:15 – 8:00pm Cost: \$5 or FREE for FC members</p>	<p>Gymnastics Tumbling Class 3:20 – 4:20pm (6-9yrs) 4:20 – 5:30pm (10+ yrs) (starts 6 Aug for 8 weeks)</p>	<p>Core Foundations 6:30 – 7:15pm Cost: \$5 or FREE for FC members (\$10 for both sessions)</p>	<p>Qigong/ Ren Xue Yuan Gong Advanced Class 7:00 – 8:30pm Contact Saija for more info on beginners class. There will be no classes held from the 25 July – 22 August</p>			
	<p>Social Touch 6:00 – 7:30pm Gold coin donation</p>	<p>Social Bowls 1:00 – 3:00pm Cost: \$3</p>	<p>Adults Volleyball Social Grade 6:45 – 8:15pm Cost: \$3</p>			
	<p>Box' n Burn 6:00 – 6:45pm Cost: \$5 or FREE for FC members</p>	<p>Adults Social Table Tennis 7:00 – 9:00pm Cost: \$3</p>				
	<p>Adults Social Badminton 6.45 – 8:30pm Cost: \$3 Contact Mark to book your court time</p>	<p>Ashtanga Yoga 6:00 – 7:30pm</p>				