



Aro Valley Community Centre

Regular classes and groups

Updated October 2020

****CSA Organic Food Co-op NEWS!**

New location just around the corner in **Abel Smith St.**

Please contact CSA Wairarapa Eco Farm for more information.

Drop off is on a Thursday morning.

Monday

8:30 – 9:30am HALL	Tai Chi Class Koha	Yi Ching Mao Contact: community@arovalley.org.nz phone 021 203 3905 / 04 384 8499
7:00-8:30pm HALL	Traditional Dances of Mexico with Ollin Yoliztli Dance School \$10 per class	Email: ollin.yoliztli.lifeandmovement@gmail.com
6:30 – 8:00pm (TUI Room)	Spanish Class (for fees, contact the Spanish Institute)	Emails: info@spanishinstitute.co.nz info@foreignlanguages.co.nz

Tuesday

12:00 – 12:45pm HALL	Sit and Be Fit Koha	Sherry and Kath Email: community@arovalley.org.nz phone 04 384 8499
4:30-6:00pm HALL	Star Jam Dynamic Drumming workshop NOT ON LEVEL 2	Sophie Beckett wellington@starjam.org
6:00 – 7:00pm HALL	Yoga with Bridget \$5 per class	Email: bridgetannekelly@gmail.com
6:30 – 8:00pm (TUI Room)	Spanish Class (for fees, contact the Spanish Institute)	Emails: info@spanishinstitute.co.nz info@foreignlanguages.co.nz

Wednesday

8:30 – 9:30am HALL	Tai Chi Class Koha	Yi Ching Mao Contact: community@arovalley.org.nz phone 021 203 3905 / 04 384 8499
10 :00 – 11:00am HALL	Open Yoga Class with Bridget Gold coin Koha	Email: bridgetannekelly@gmail.com
6:15 – 8:15pm HALL	Starjam Groovy Guitar workshop NOT ON LEVEL 2	Contact Sophie Beckett for more info and start date. wellington@starjam.org
6:30 – 8pm (TUI Room)	Spanish Class (for fees, contact the Spanish Institute)	Emails: info@spanishinstitute.co.nz info@foreignlanguages.co.nz

Thursday

*12:00 – 2:00pm (first and third Thursday) *2:00 – 4:00pm (second and fourth Thursday)	TUI Climate Community Drop-in sessions Free	More info: info@tuiclimatcommunity.nz
6:00 – 7:00pm HALL	Samba at Aro \$10 per class	Hillary Reid phone 021 230 8732, Hillary.Reid@vuw.ac.nz
7:00 – 8:30pm (TUI Room)	Koha English classes for Everybody Koha / Donation	Contact: community@arovalley.org.nz phone 04 384 8499
7:30 – 8:30pm HALL	Yoshukai Karate \$10 (or pay what you can afford) Includes 2 nd weekly class at Northland Community Centre	Colin Berry Email: Cberry2020@gmail.com phone 475 9985 / 027 249 5342

Friday

8:30 – 9:30am HALL	Tai Chi Class Koha	Yi Ching Mao Contact: community@arovalley.org.nz phone 021 203 3905 / 04 384 8499
10:30am – 12:00pm HALL	Sing for Your Life – Community Singing \$15 per session	Contact Anna Sedcole for more info and start date. Email: anna.sedcole@gmail.com

Saturday

9:00 – 10:00am HALL	Blue Ocean Yoga with Jenn Koha	Jenn Thompson Email: jetbluenz5@gmail.com
1:00 – 2:30pm	Afro Brazilian Dance class Just a few more Saturday!	Contact Yovi for more information. afrobrazilian dances.ba@gmail.com

Sunday

10:30-11:45 am HALL	FROM THE 25th OCTOBER Community Yoga and Meditation (Koha) With Alicja and John	Alicja Skop alicjaskop@gmail.com
6:30 – 7:45pm HALL	Wellington International Folk Dancing on the 1st and 3rd Sunday of the Month \$10 per class waged/ \$5 unwaged / or \$15 for the whole family!	Liora Noy Email: lioranoy3@gmail.com phone 021 355 041