



## Regular classes & activities ~ April 2026 ~

Day	Time	Class	Price	CONTACT
<b>Mondays</b>	8:30 - 9:30am	<b>Tai Chi with Yi Ching</b>	Koha	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
<b>Mondays</b>	6:00 - 9pm	<b>Black Book Jungle Art book sessions</b>	Koha	<a href="mailto:kinghomeboy777@gmail.com">kinghomeboy777@gmail.com</a>
<b>Tuesdays</b>	12am - 12:45pm	<b>Chair yoga with Kristin</b>	\$8/\$10 or koha	022 694 1197 <a href="mailto:kristingiorgi@gmail.com">kristingiorgi@gmail.com</a>
<b>Tuesdays</b>	2 - 3:30pm	<b>Plexity Parkinsons Neurophysiotherapy</b>	Contact For info	<a href="mailto:rubbytalley21@gmail.com">rubbytalley21@gmail.com</a> <a href="http://www.plexity.co.nz">www.plexity.co.nz</a>
<b>Tuesdays</b>	6:00 - 7:00pm	<b>Community free yoga</b>	Free	<a href="mailto:mark@hotmetal.nz">mark@hotmetal.nz</a>
<b>Wednesdays</b>	8:30 - 9:30am	<b>Tai Chi with Yi Ching</b>	Koha	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
<b>Wednesdays</b>	1 - 2pm	<b>Dance 4 Us With Dance Therapy NZ</b>	Gold coin (If possible)	(09) 636 3029 <a href="mailto:admin@dancetherapy.co.nz">admin@dancetherapy.co.nz</a>
<b>Wednesdays Fortnightly (9th + 23rd)</b>	7 - 9pm	<b>X-Práctica Tango</b>	\$10 tutor \$5 w/out	X-Práctica on Facebook <a href="mailto:irinatangon.z@gmail.com">irinatangon.z@gmail.com</a>
<b>Thursday</b>	4:30 - 6:30pm	<b>Trash Planet Beat Clinic</b>	Koha	<a href="mailto:contact@olmecha.com">contact@olmecha.com</a>
<b>Fridays</b>	8:30 - 9:30am	<b>Tai Chi with Yi Ching</b>	Koha	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
<b>Fridays</b>	10:30 - 12pm	<b>Community Singing With Jo Shrigley</b>	\$15/\$100 Per term	<a href="mailto:jshrigley@gmail.com">jshrigley@gmail.com</a>
<b>Sunday Fortnightly (5th + 26th)</b>	2 - 4pm	<b>Aro Valley Jazz Jam with Aro Valley Jam Band</b>	Drop in & play or listen	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>

**Schedule subject to change! Visit [arovalley.org.nz](http://arovalley.org.nz) for updates**