



Regular classes & activities ~ May 2026 ~

Day	Time	Class	Price	CONTACT
Mondays	8:30 - 9:30am	Tai Chi with Yi Ching	Koha	community@arovalley.org.nz
Mondays	6:00 - 9pm	Black Book Jungle Art book sessions	Koha	kinghomeboy777@gmail.com
Tuesdays	12am - 12:45pm	Chair yoga with Kristin	\$8/\$10 or koha	022 694 1197 kristingiorgi@gmail.com
Tuesdays	2 - 3:30pm	Plexity Parkinsons Neurophysiotherapy	Contact For info	rubbytalley21@gmail.com www.plexity.co.nz
Tuesdays	6:00 - 7:00pm	Community free yoga	Free	mark@hotmetal.nz
Wednesdays	8:30 - 9:30am	Tai Chi with Yi Ching	Koha	community@arovalley.org.nz
Wednesdays	1 - 2pm	Dance 4 Us With Dance Therapy NZ	Gold coin (If possible)	(09) 636 3029 admin@dancetherapy.co.nz
Wednesdays Fortnightly (6th + 20th)	7 - 9pm	X-Práctica Tango	\$10 tutor \$5 w/out	X-Práctica on Facebook irinatangon.z@gmail.com
Thursday	4:30 - 6:30pm	Trash Planet Beat Clinic	Koha	contact@olmecha.com
Fridays	8:30 - 9:30am	Tai Chi with Yi Ching	Koha	community@arovalley.org.nz
Fridays	10:30 - 12pm	Community Singing With Jo Shrigley	\$15/\$100 Per term	jshrigley@gmail.com
Sunday Fortnightly (17th + 31st)	2 - 4pm	Aro Valley Jazz Jam with Aro Valley Jam Band	Drop in & play or listen	community@arovalley.org.nz

Schedule subject to change! Visit arovalley.org.nz for updates