



Regular classes & activities ~ March 2024 ~

Day	Time	Class	Price	CONTACT
Mondays	8:30 - 9:30am	Tai Chi with Yi Ching	Koha	community@arovalley.org.nz
Mondays	6:30 - 8pm	ON - Ungu Capoeira	\$15 casual \$100 for 10	027 367 1567 kate.turner.espe@gmail.com
Mondays	6:30 - 7:30pm	Language Class	Tbc	info@foreignlanguages.co.nz
Tuesdays	12am - 12:45pm	Chair yoga with Kristin	\$8/\$10 or koha	022 694 1197 kristingiorgi@gmail.com
Tuesdays	6 - 7pm	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
2nd and 4th Wednesday of the Month	2:30 - 5:30pm	Aro Valley Knit & Stich with Judy	Free or Koha	community@arovalley.org.nz
Wednesdays	6:30 - 7:30pm	Olin Yoliztli - Traditional Dances of Mexico	\$10	laura@olinyolitzli.com
Wednesdays	6:30 - 7:30pm	Language Class	Tbc	info@foreignlanguages.co.nz
Thursday	4 - 6pm	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 Shirley	\$10/\$70 for The term	jshrigley@gmail.com
Fridays	12:30 - 1:30pm	Handstand Workshop	\$20	021 996 782 nicolas@oni.co.nz
1st Saturday of the Month	10 - 3pm	Arts & Crafts Market with Art Collective		hello@twotwenty.co.nz
Sundays	6 - 7pm	Community free yoga	Free	mark@hotmetal.nz
Sunday Fortnightly	2 - 4pm	Aro Valley Jazz Jam with Aro Valley Jam Band	Drop in & play or listen	community@arovalley.org.nz