



Regular classes & activities ~ November 2024 ~

Day	Time	Class	Price	CONTACT
Mondays	8:30 - 9:30am	Tai Chi with Yi Ching	Koha	community@arovalley.org.nz
Mondays	6:30 - 7:30pm	Foreign Language Class	Contact for price	info@foreignlanguages.co.nz
Tuesdays	12am - 12:45pm	Chair yoga with Kristin	\$8/\$10 or koha	022 694 1197 kristingiorgi@gmail.com
Tuesdays	6:00 - 7:00pm	Community free yoga	Free	mark@hotmetal.nz
Tuesdays	6:30 - 7:30pm	Foreign Language Class	Contact for price	info@foreignlanguages.co.nz
Tuesdays	7:30 - 9:30pm	Estudio de Samba Wellington	\$13.30 \$80 term	estudiosamba@gmail.com estudiosambawellington.com
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	6 - 7:30pm	Afro Brazilian Dance	\$132 term or koha	afrobrazilian dances.ba@gmail.com
Wednesdays	7:45 - 9:45pm	Argentine Tango	\$10	021 542 7136 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	\$10/\$70 for The term	jshrigley@gmail.com
Fridays	12:30 - 1:30pm	Handstand Workshop	\$20	021 996 782 nicolas@oni.co.nz
Sundays	4:30 - 5:30pm	Community free yoga	Free	mark@hotmetal.nz
Sunday Fortnightly (3rd, 17th)	2 - 4pm	Aro Valley Jazz Jam with Aro Valley Jam Band	Drop in & play or listen	community@arovalley.org.nz