

**REGULAR ARO VALLEY COMMUNITY CENTRE USERS**

Day	Time	Group and Cost	Contact
<b>Monday</b>	7:15 am – 8:00 am	Tai Chi Class Free	Lynsey 021 267 6638
	6.00 pm – 8.00 pm	Capoeira \$15 per class \$80 for 8 classes	Nik and Stephen <a href="mailto:nikchapman1974@gmail.com">nikchapman1974@gmail.com</a> <a href="mailto:stephen@vital.org.nz">stephen@vital.org.nz</a>
<b>Tuesday</b>	9:00am – 10:30am	Aro Valley Baby Group Drop in anytime	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
	3.30 – 5.00pm	Aro Jam Introductory Music Programme	Hannah and Ruby <a href="mailto:arovalleyjam@gmail.com">arovalleyjam@gmail.com</a> <a href="https://www.facebook.com/aromusicacademy">facebook.com/aromusicacademy</a>
	6.00 – 7.00 pm	Yoga with Katie \$5.00 class	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a> 384 8499
	6.00 – 7.30 pm	QiGong Open Class Meeting Room \$5.00 class	Brenda <a href="mailto:b.fan@qigong-culture.com">b.fan@qigong-culture.com</a> or 586 8185
<b>Wednesday</b>	7:15 am – 8:00 am	Tai Chi Class Free	Lynsey 021 267 6638
	10.00-11.00am	Open Yoga Class with Bridget Koha donation	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a> 384 8499
	3:30 – 4.30pm	Pre-school fun dance class 3.30-4.00pm Ballet & Jazz class 5-8yrs 4.00-4.30pm	Debbie <a href="mailto:info@db4dance.co.nz">info@db4dance.co.nz</a>
	6:00pm – 8:00pm	Star Jam Groovy Guitar Workshop	Nigel Martinez <a href="mailto:Wellington@starjam.org">Wellington@starjam.org</a>
<b>Thursday</b>	6.00 pm – 7.00 pm	Samba from Brazil Hillary Reid \$10 per class	Hillary Reid 021 230 8732 <a href="mailto:Hillary.Reid@vuw.ac.nz">Hillary.Reid@vuw.ac.nz</a>
	7.30 pm – 9 pm	Yoshukai Karate \$10 or pay what you can afford. Includes 2 <sup>nd</sup> weekly class at Northland Community Centre	Colin Berry 475 9985 / 027 249 5342 <a href="mailto:Cberry2020@gmail.com">Cberry2020@gmail.com</a>
<b>Friday</b> CSA Organic pick up	7.15am – 8.00am	Tai Chi Class Free	Lynsey 021 267 6638
	10.30 am – 12.00 noon During school term	Sing For Your Life – Community singing Come along any time to have a great sing & a cuppa. \$8 a time or \$60 a term.	Julian Raphael 802 5398 <a href="mailto:communitymusic@xtra.co.nz">communitymusic@xtra.co.nz</a>
	4.00 pm – 5.30pm	QiGong Open Class Meeting Room \$5.00 class	Brenda <a href="mailto:b.fan@qigong-culture.com">b.fan@qigong-culture.com</a> or 586 8185
<b>Saturday</b>	9.00 am – 10.00 am	Yoga \$5 per class	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a> or <a href="mailto:lovedayyoganz@gmail.com">lovedayyoganz@gmail.com</a> (until 31 March) or <a href="mailto:Jetbluenz5@gmail.com">Jetbluenz5@gmail.com</a> (after 31 March) ph: 384 8499 or 0220193208
	11:00am-11:30pm	Pre-school fun dance class 10.30-11.00am Ballet & Jazz class 5-8yrs 11.00-11.30am	Debbie <a href="mailto:info@db4dance.co.nz">info@db4dance.co.nz</a>
	1.00 pm – 3.00 pm First Saturday of every month	Capoeira Free	Nik and Stephen <a href="mailto:nikchapman1974@gmail.com">nikchapman1974@gmail.com</a> <a href="mailto:stephen@vital.org.nz">stephen@vital.org.nz</a>
<b>Sunday</b>	1.30 pm – 3.00pm	QiGong with Brenda Meeting Room	Brenda <a href="mailto:b.fan@qigong-culture.com">b.fan@qigong-culture.com</a> or 586 8185
	6.00pm – 8.00 pm	Taiko Drumming	Jessie Gibbs <a href="mailto:narukamitaiko@gmail.com">narukamitaiko@gmail.com</a>