# REGULAR ARO VALLEY COMMUNITY CENTRE USERS

| Day | Time | Group and Cost | Contact |
|---|---|---|---|
| **Monday** | 7:15 am – 8:00 am | Tai Chi Class<br>Free | Lynsey<br>021 267 6638 |
| | 9:30am-11:30am | ESOL<br>Conversation Class | Vidhya Balakrishnan<br>community@arovalley.org.nz<br>384 8499 |
| | 6.00 pm – 8.00 pm | Capoeira<br>$15 per class<br>$80 for 8 classes | Nik and Stephen<br>nikchapman1974@gmail.com<br>stephen@vital.org.nz |
| **Tuesday** | 9:00am – 10:30am | Aro Valley Baby Group<br>Drop in anytime | community@arovalley.org.nz |
| | 12pm-12:45pm | Sit and Be Fit<br>Wellington Community Trust | Ana Hobman<br>community@arovalley.org.nz<br>384 8499 |
| | 1:00pm-3:00pm | Parkinson Disease Exercise classes | PD Warrior<br>Brian Phelan<br>brian.phelan@tbihealth.co.nz |
| | 3.30 – 5.00pm | Aro Jam<br>Introductory Music Programme | Hannah and Ruby<br>arovalleyjam@gmail.com<br>facebook.com/aromusicacademy |
| | 6.00 – 7.00 pm | Yoga with Katie<br>$5.00 class | community@arovalley.org.nz<br>384 8499 |
| | 6.00 – 7.30 pm | QiGong Open Class<br>Meeting Room<br>$5.00 class | Brenda<br>b.fan@qigong-culture.com or 586 8185 |
| **Wednesday** | 7:15 am – 8:00 am | Tai Chi Class<br>Free | Lynsey<br>021 267 6638 |
| | 10.00am-11.00am | Open Yoga Class with Bridget<br>Wellington Community Trust / Koha donation | community@arovalley.org.nz<br>384 8499 |
| | 6:15pm – 8:15pm | Star Jam<br>Groovy Guitar Workshop | Nigel Martinez<br>Wellington@starjam.org |
| | 6:30pm-8:00pm | Sign Language Class<br>Meeting Room | community@arovalley.org.nz<br>384 8499 |
| **Thursday** | 9:30am-11:30am | ESOL<br>Intermediate Class | Vidhya Balakrishnan<br>community@arovalley.org.nz<br>384 8499 |
| | 1:00pm-3:00pm | Parkinson Disease Exercise classes | PD Warrior<br>Brian Phelan<br>brian.phelan@tbihealth.co.nz |
| | 6.00 pm – 7.00 pm | Samba from Brazil<br>Hillary Reid<br>$10 per class | Hillary Reid<br>021 230 8732<br>Hillary.Reid@vuw.ac.nz |
| | 7.30 pm – 9 pm | Yoshukai Karate<br>$10 or pay what you can afford. Includes 2nd weekly class at Northland Community Centre | Colin Berry<br>475 9985 / 027 249 5342<br>Cberry2020@gmail.com |
| **Friday**<br>CSA Organic pick up | 7.15am – 8.00am | Tai Chi Class<br>Free | Lynsey<br>021 267 6638 |
| | 10.30 am – 12.00 noon<br>During school term | Sing For Your Life – Community singing<br>Come along any time to have a great sing & a cuppa.<br>$8 a time or $60 a term. | Julian Raphael<br>802 5398<br>communitymusic@xtra.co.nz |
| | 3:45pm-4:45pm | Dance Classes | Louchen Dance Academy<br>Sylvia<br>176861423@QQ.com |
| | 6.00 pm – 7.30pm | QiGong Open Class<br>Meeting Room<br>$5.00 class | Brenda<br>b.fan@qigong-culture.com or 586 8185 |
| **Saturday** | 9.00 am – 10.00 am | Yoga<br>$5 per class | community@arovalley.org.nz<br>Jetbluenz5@gmail.com<br>ph: 384 8499 or 0275108240 |
| | 1.00 pm – 3.00 pm<br>First Saturday of every month | Capoeira<br>Free | Nik and Stephen<br>nikchapman1974@gmail.com<br>stephen@vital.org.nz |
| **Sunday** | 1.30 pm – 3.00pm | QiGong with Brenda<br>Meeting Room | Brenda<br>b.fan@qigong-culture.com or 586 8185 |

/home/webmaster/mojo/converter/data/uploads/w5ubv6atdi1k9we8/o_1da7u0hlliot1487o1e1a1h109qb/tmp.doc Printed on 7 May 2019

| | | | |
|---|---|---|---|
| | 6.00pm – 8.00 pm | Taiko Drumming | Jessie Gibbs<br>narukamitaiko@gmail.com |