

REGULAR ARO VALLEY COMMUNITY CENTRE USERS

Day	Time	Group and Cost	Contact
Monday	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 nikchapman1974@gmail.com stephen@vital.org.nz
Tuesday	9:00am – 10:30am	Aro Valley Baby Group Drop in anytime	community@arovalley.org.nz
	3.30 – 5.00pm	Aro Jam Introductory Music Programme	Hannah and Ruby arovalleyjam@gmail.com facebook.com/aromusicacademy
	6.00 – 7.00 pm	Yoga with Katie \$5.00 class	community@arovalley.org.nz 384 8499
	6.00 – 7.30 pm	QiGong Open Class Meeting Room \$5.00 class	Brenda b.fan@qigong-culture.com or 586 8185
Wednesday	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	community@arovalley.org.nz 384 8499
	1.00- 1.45 pm During school term	Sit and Be Fit \$3 per class	Kathy McConville: teacher Contact Community Coordinator 3848499 / community@arovalley.org.nz
	4.00 – 4.30pm	4.00 – 4.30pm Ballet & Jazz Dance Class 5-7 years old	Debbie info@db4dance.co.nz
	6:00pm – 8:00pm	Star Jam Groovy Guitar Workshop	Nigel Martinez Wellington@starjam.org
Thursday	9.30 am – 11.30 am During school term	ESOL Class Koha donation	community@arovalley.org.nz 384 8499
	5:00pm – 6:00pm	Contemporary Dance Koha donation	Hiromi Yagishita hiromi.jp.nz@gmail.com 0275145461
	6.00 pm – 7.00 pm	Samba from Brazil Hillary Reid \$10 per class	Hillary Reid 021 230 8732 Hillary.Reid@vuw.ac.nz
	6:00pm – 7:00pm	Vinyasa Yoga Meeting Room	Katie Mattered katiemattered@gmail.com 0272172464
	7.30 pm – 9 pm	Yoshukai Karate \$10 or pay what you can afford. Includes 2 nd weekly class at Northland Community Centre	Colin Berry 475 9985 / 027 249 5342 Cberry2020@gmail.com
Friday 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 communitymusic@xtra.co.nz
	4.00 pm – 5.30pm	QiGong Open Class Meeting Room \$5.00 class	Brenda b.fan@qigong-culture.com or 586 8185
Saturday	9.00 am – 10.00 am	Yoga \$5 per class	community@arovalley.org.nz or lovedayyoganz@gmail.com (until 31 March) or Jetbluenz5@gmail.com (after 31 March) ph: 384 8499 or 0220193208
	11:00am-11:30pm	11:00 – 11:30pm Ballet & Jazz Dance Class 5-7 years old	Debbie info@db4dance.co.nz
	1.00 pm – 3.00 pm First Saturday of every month	Capoeira Free	Nik and Stephen nikchapman1974@gmail.com stephen@vital.org.nz
Sunday	1.30 pm – 3.00pm	QiGong with Brenda Meeting Room	Brenda b.fan@qigong-culture.com or 586 8185
	6.00pm – 8.00 pm	Taiko Drumming	Jessie Gibbs narukamitaiko@gmail.com