



## Regular classes & activities ~ May 2024 ~

Day	Time	Class	Price	CONTACT
<b>Mondays</b>	8:30 - 9:30am	<b>Tai Chi with Yi Ching</b>	Koha	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
<b>Mondays</b>	6:30 - 8pm	<b>ON - Ungu Capoeira</b>	\$15 casual \$100 for 10	027 367 1567 <a href="mailto:kate.turner.espe@gmail.com">kate.turner.espe@gmail.com</a>
<b>Mondays</b>	6:30 - 7:30pm	<b>Language Class</b>	Tbc	<a href="mailto:info@foreignlanguages.co.nz">info@foreignlanguages.co.nz</a>
<b>Tuesdays</b>	12am - 12:45pm	<b>Chair yoga with Kristin</b>	\$8/\$10 or koha	022 694 1197 <a href="mailto:kristingiorgi@gmail.com">kristingiorgi@gmail.com</a>
<b>Tuesdays</b>	6 - 7pm	<b>Community free yoga</b>	Free	<a href="mailto:mark@hotmetal.nz">mark@hotmetal.nz</a>
<b>Wednesdays</b>	8:30 - 9:30am	<b>Tai Chi with Yi Ching</b>	Koha	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
<b>Wednesdays</b>	1 - 2pm	<b>Dance 4 Us With Dance Therapy NZ</b>	Gold coin (if possible)	(09) 636 3029 <a href="mailto:admin@dancetherapy.co.nz">admin@dancetherapy.co.nz</a>
<b>Wednesdays</b>	6:30 - 7:30pm	<b>Afro Brazilian Dance</b>	\$10	<a href="mailto:afrobrazilian dances.ba@gmail.com">afrobrazilian dances.ba@gmail.com</a>
<b>Wednesdays</b>	6:30 - 7:30pm	<b>Language Class</b>	Tbc	<a href="mailto:info@foreignlanguages.co.nz">info@foreignlanguages.co.nz</a>
<b>Wednesdays</b>	7:45 - 9:45pm	<b>Tango With Irina</b>	\$5	021 542 7136 <a href="mailto:irinatangon.z@gmail.com">irinatangon.z@gmail.com</a>
<b>Thursday</b>	4 - 6pm	<b>Trash Planet Beat Clinic</b>	Koha	<a href="mailto:contact@olmecha.com">contact@olmecha.com</a>
<b>Thursday</b>	6:30 - 8:30pm	<b>Estudio de Samba Wellington</b>	\$13.30 \$80 term	<a href="mailto:estudiosamba@gmail.com">estudiosamba@gmail.com</a> <a href="http://estudiosambawellington.com">estudiosambawellington.com</a>
<b>Fridays</b>	8:30 - 9:30am	<b>Tai Chi with Yi Ching</b>	Koha	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
<b>Fridays</b>	10:30 - 12pm	<b>Community Singing With Jo Shirley</b>	\$10/\$70 for The term	<a href="mailto:jshrigley@gmail.com">jshrigley@gmail.com</a>
<b>Fridays</b>	12:30 - 1:30pm	<b>Handstand Workshop</b>	\$20	021 996 782 <a href="mailto:nicolas@oni.co.nz">nicolas@oni.co.nz</a>
<b>1st Saturday Monthly</b>	10 - 3pm	<b>Arts &amp; Crafts Market with Art Collective</b>		<a href="mailto:hello@twotwenty.co.nz">hello@twotwenty.co.nz</a>
<b>Sundays</b>	4:30 - 5:30pm	<b>Community free yoga</b>	Free	<a href="mailto:mark@hotmetal.nz">mark@hotmetal.nz</a>
<b>Sunday Fortnightly</b>	2 - 4pm	<b>Aro Valley Jazz Jam with Aro Valley Jam Band</b>	Drop in & play or listen	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>