

# CLASS TIMETABLE



## Monday

### Adaptive Dance

Cornwall Park Building, 1pm

## Tuesday

### Adaptive Fit

Complex Forme, 11.00am

### Adaptive Art

Twyford Road, Hastings, 12.30-2.30pm

## Wednesday

### Adaptive Aqua

Complex Forme, 11.00am

### Adaptive Blind/Low Vision

Movement Gym (Havelock North), 11.15am

### Adaptive Balance Tai Chi

Movement Gym, (Havelock North), 1.30pm

## Thursday

### Adaptive Sit Kaumatua

Hastings Age Concern, 9.30am

### Adaptive Sit

Hastings Age Concern, 10.30am

## Friday

### Adaptive Fit

Complex Forme, 10.15am

Complex Forme, 11am

**PLEASE SIGN UP TO SECURE A SPACE**