

CLASS TIMETABLE



PLEASE SIGN UP
TO SECURE A SPACE

Mon

SENSORY
DANCE

1pm - 1.45pm
Weston Sports

Tue

ADAPTIVE
FIT

ADAPTIVE
ART

11am - 11.45pm
Weston Sports

12.30pm - 2.30pm
TTOH, Hastings

Wed

BLIND/LOW
VISION

TAI CHI
BALANCE

11.15am - 12pm
Movement Gym (HN)

1.15pm - 2pm
Weston Sports

Thu

KAUMATUA
SIT FIT

ADAPTIVE
SIT FIT

9.30am - 10.15am
Hastings Age Concern

10.30am - 11.15am
Hastings Age Concern

Fri

ADAPTIVE
FIT ONE

ADAPTIVE
FIT TWO

10.15am - 11am
Weston Sports

11am - 11.45am
Weston Sports