

MONDAYS

Y's Walking	8am
Low Impact Aerobics	9.15 – 10.15am
AA Meeting (Armanasco House)	10.30 – 11.30am
Tai Chi, ACC funded session	10.30am
Modern Sequence Dance	12pm – 3.00pm
Mahjong (Armanasco House)	1 pm – 3pm
Musical Minors 2-4 Years	1.30 – 2.15pm
Hatha Yoga	6.30 – 7.30pm
Pilates with Karina	7.30pm – 8.30pm

TUESDAYS

Zumba Gold Card - NEW CLASS	9.00am
Line Dancing Intermediate 9.30am Advanced 10.30am	9.30am – 12.30am
Diabetes Self-Management Education 7, 14, 21 & 28 November	10.00am -1.00pm
ARMANASCO HOUSE OPEN	10am – 2pm
Garden Club (1 st Tuesday)	1 – 3pm
Cardio Blast (Senior citizens Hall)	6.15 – 7.15pm
Belly Dancing, Beginners 6.15 – 7.30pm, Intermediate 7.30 – 8.45pm	6.15pm – 8.45pm
Housie	Doors open 6.30pm

WEDNESDAYS

Y's Walking	8.15am
Gentle Exercise for 70's+	10.00am
Fun Time Music	10am
Embroidery	10am – 12 noon
Women's Institute (3 rd Wed)	10.45 am – 2pm
Scrabble	1 – 3pm
Kids 4 Drama Senior	4.30 – 5.30pm
Iona Scout Group and Keas	6 – 8.30pm

THURSDAYS

Zumba Gold Card - All welcome	9.00am – 10.00am
Musical Minors: 2-4 Years	9.30am – 10.15am
Tai Chi	10am
AA Meeting (Armanasco House)	10.30am – 11.30am
Pilates with Karina	11.00am – 12.00pm
Green Bay Women's Institute Choir	12.00 – 2.30pm
Kids4Drama Junior 3.30pm, Teens 4.30pm	3.30 – 6pm
Zumba	6.15 & 7.15pm

FRIDAYS

Low Impact Aerobics	9.15 am – 10.15 am
Line Dancing	9.30 am – 12.30 am
Probus (2 nd Friday)	10am – 12.00 noon
Yoga with Josie	10am – 11.30am
Asian Social Group	1pm – 4pm
AA Meeting (Armanasco House)	7 pm

SATURDAYS

Saturday Markets	7 am – 11.30am
Zumba	10.30 – 11.30am
Bollywood Dancing (Children)	9.30 – 12.30pm
Youth Tutoring – Maths, drawing, keyboard	2.00pm – 5.00pm

SUNDAYS

Yoga	8.45 – 9.45am
Zumba	10.30 – 11.30am
Bonsai Society – 2 nd Sunday	2.30 pm – 5.00pm
Sahaja Meditation Group	5pm

NEW CLASSES/WORKSHOPS: Family History, Sign Language, Ukulele, Chess, Effective Communication,

www.bhbaycommunitycentre.co.nz

