

Activities at Kohinga St Albans Community Centre

Monday	10 am	Saygo
	5 pm	Universal Martial Arts
	8.15 pm	Aotearoa Kendo Club
Tuesday	11.30 am	Pilates
	5.15 pm	Pippins
	7.00 pm	The Yoga Club
Wednesday	9:30 am	Wednesday Wheelies
	11 am	The Corner, coffee and chat
	5.00 pm	Master Song Shaolin Kung Fu Wushu
	5 - 6 pm	Kinstretch
	8.00 pm	Aotearoa Kendo Club
Thursday	9.30 am	Saygo
	10 am	Becoming You yoga
	5.00 pm	Universal Martial Arts
	5.30 pm	Pilates
	7.15 pm	Women in Harmony Choir
Friday	9.00 am	The Yoga Club
Saturday	1 pm	NeighbourNet
Sunday	7.45 pm	Strong by Zumba