

## REGULAR SPORT AND EXERCISE ACTIVITIES HOKITIKA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am	9–10am <b>AQUA FIT</b> Hokitika Pool 03 7558119	9am <b>HOKI HIKERS</b> meet @ Cass Square 021 1447350 9–10am <b>AQUA FIT</b> 9.15am <b>TUNE IN YOGA</b> with Zoe 021 140 7311	9–10am <b>AQUA FIT</b> Hokitika Pool 03 7558119	9–10am <b>AQUA FIT</b> Hokitika Pool 03 7558119	9–10am <b>AQUA FIT</b> Hokitika Pool 03 7558119
10am			10.30am <b>YOGA</b> with Laksmi 03 7556515 <b>starts 27.3.</b>	10am <b>YOGA</b> with Noelle 027 2055478	
11am		11am <b>SIT &amp; BE FIT</b> senior's exercises @ Grey Power rooms 03 7556772			
12pm		12.15-12.45pm <b>AQUA FIT</b> Hokitika Pool 03 7558119		12.15-12.45pm <b>AQUA FIT</b> Hokitika Pool 03 7558119	
1pm	1.30pm <b>BOWLING</b> 48 Brittan St, 03 7556839				
2pm					
3pm					
4pm	4.30pm <b>TAI CHI</b> for seniors Grey Power rooms 03 7558700				
5pm	5.30pm <b>YOGA</b> with Zoe 021 140 7311	5.30pm <b>KARATE</b> (beginner) DOJO 26c Weld St 037556377		5.30pm <b>TAI CHI</b> Poutini Waiora 03 7558700 5.30pm <b>KARATE</b> (beginner) DOJO 26c Weld St 037556377	
6pm	6.30pm <b>ZULA</b> (= Zumba + Hula) St. Mary's hall 0275445571		6.30pm <b>YOGA</b> with Ilana Boys Brigade hall <b>starts 6.3.</b> <a href="mailto:Ilana.yannai@gmail.com">Ilana.yannai@gmail.com</a>	6pm <b>YOGA</b> with Noelle 027 2055478	
7pm		7.30pm <b>Table Tennis</b> HK Chartered Club 021 2806171 7pm <b>YOGA</b> with Laksmi 03 7556515 <b>starts 26.3.</b>	7pm <b>Scottish Country</b> <b>Dancing</b> St. Andrews Church 03 7558470 <b>starts 13.3.</b>	7pm <b>YOGA</b> with Laksmi 03 7556515 <b>starts 28.3.</b>	

### OTHER OPTIONS:

Hokitika **Badminton Club** – 03 7556880 Hokitika **Raquets Club (Squash and Tennis)** meet several times a week at 97 Sewell Street. [03-755 8190](tel:03-755-8190)

Hokitika **Cycling Club** meets on Tuesday evenings and other days – check out <https://www.facebook.com/HokitikaCyclingClub/> or 03-756 9048 Ext 733

Westland **Mountain Biking Club** – check out <http://westlandmtbclub.co.nz/> to find out more

And even more classes and courses at the fitness studio 'Bodyworks' <https://bodyworx.net.nz/timetable/>

*Details for Hokitika School of Dance, Yacht, Boating & Sailing Clubs, Darts Club, Hockey, Netball and others to follow...*