



Manaaki Active

2024 Weekly Sessions - Round 3
Gentle exercises

- SEATED YOGA CLASS
Date: **01st October 2024**
Time: 10:15am
- BLENDED GENTLE WORKOUT CLASS
Date: **08th October 2024**
Time: 10:30am
- BLENDED GENTLE WORKOUT CLASS
Date: **15th October 2024**
Time: 10:30am
- SEATED YOGA CLASS
Date: **22nd October 2024**
Time: 10:15am
- BLENDED GENTLE WORKOUT CLASS
Date: **29th October 2024**
Time: 10:30am
- BLENDED GENTLE WORKOUT CLASS
Date: **5th November 2024**
Time: 10:30am
- BLENDED GENTLE WORKOUT CLASS
Date: **12th November 2024**
Time: 10:30am
- SEATED YOGA CLASS
Date: **19th November 2024**
Time: 10:15am
- BLENDED GENTLE WORKOUT CLASS
Date: **26th November 2024**
Time: 10:30am
- BLENDED GENTLE WORKOUT CLASS
Date: **03rd December 2024**
Time: 10:30am
- SEATED YOGA CLASS
Date: **10th December 2024**
Time: 10:15am

More info: 0278086498



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