



# *Manaaki Active*

2024 Weekly Sessions - Round 2  
Gentle exercises

- **BLENDED WORKOUT - PIPPA**

Date: **21 May 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **28 May 2024**

Time: 10.30am

- **SEATED YOGA CLASS - DANI**

Date: **04 June 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **18 June 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **25 June 2024**

Time: 10.30am

- **SEATED YOGA CLASS - DANI**

Date: **02 July 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **09 July 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **16 July 2024**

Time: 10.30am

- **SEATED YOGA CLASS - DANI**

Date: **23 July 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **30 July 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **06 August 2024**

Time: 10.30am

- **SEATED YOGA CLASS - DANI**

Date: **13 August 2024**

Time: 10.30am

- **BLENDED WORKOUT - PIPPA**

Date: **20 August 2024**

Time: 10.30am

More info: 0278086498