



Manaaki Active

2025 Weekly Sessions - Round 1
Gentle exercises

- **BLENDED WORKOUT - TANJA**
Date: **04 February 2025**
Time: 10.30am
- **BLENDED WORKOUT - TANJA**
Date: **11 February 2025**
Time: 10.30am
- **SEATED YOGA CLASS - DANI**
Date: **18 February 2025**
Time: 10.15am
- **BLENDED WORKOUT - TANJA**
Date: **25 February 2025**
Time: 10.30am
- **BLENDED WORKOUT - TANJA**
Date: **11 March 2025**
Time: 10.30am
- **BLENDED WORKOUT - TANJA**
Date: **18 March 2025**
Time: 10.30am
- **SEATED YOGA CLASS - DANI**
Date: **25 March 2025**
Time: 10.15am
- **BLENDED WORKOUT - TANJA**
Date: **01 April 2025**
Time: 10.30am
- **SEATED YOGA CLASS - DANI**
Date: **8 April 2025**
Time: 10.15am
- **BLENDED WORKOUT - TANJA**
Date: **15 April 2025**
Time: 10.30am
- **BLENDED WORKOUT - TANJA**
Date: **22 April 2025**
Time: 10.30am
- **SEATED YOGA CLASS - DANI**
Date: **29 April 2025**
Time: 10.15am

More info: 0278086498