



Walter Nash Centre

Kōkako schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
For all age groups.				Pepi Tioriori 10am-10:45am Toi Ora Exercise Group 11am-12noon Community Kapahaka 1pm-2pm	
Taita Clubhouse. For young people ages 10-18.	Taita Clubhouse 3pm-7pm*	Taita Clubhouse 2pm-6pm* Whanake Rangataua Karate For ages 10-12 5pm-6pm	Taita Clubhouse 3pm-7pm*	Taita Clubhouse 3pm-7pm* Taiohi Kapahaka and Waiata 6pm-7pm	Taita Clubhouse 3pm-7pm*
For all age groups.	Olympic Hopes Boxing Club 7pm-9pm	Hula Active with Pacific Fitness 6pm-7pm Olympic Hopes Boxing Club 7pm-9pm	He Toa Muay Thai Kickboxing 7pm-9pm	Whanake Rangataua Karate For ages 13-16 7pm-8pm For adults only 8pm-9pm	Olympic Hopes Boxing Club 7pm-9pm

* During school holidays Taita Clubhouse is open from 1pm-5pm Monday to Friday.



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Taita Clubhouse

FREE. For young people 10-18 years who want to have fun with creative technology. Experiment with music, sound recording, animation, design, photography and video production.

Contact Bennett Pomana on 027 801 3293
or bennett.pomana@huttcity.govt.nz

www.facebook.com/TaitaClubhouse

He Toa Muay Thai

Gear required: handwraps, gloves, mouth guard, shin pads.

\$25 a month or \$60 for 3 months

Contact Dan Stirling 021 185 1325

www.facebook.com/HeToaMuayThai

Olympic Hopes Boxing Club Inc.

Gear required: bandages, mouth guard, gloves

\$20 per month

Contact Herbert Nelson 021 257 8169

www.facebook.com/olympichopesboxing

Hula Active with Pacifit Fitness

Gear required: pareu or lavalava, water, sweat towel.

Instructor Tehau Winitana

Gold coin donation per class

www.facebook.com/pacifit

Toi Ora Exercise Group

Community Kapahaka

Taiohi Morehu

FREE. Nau mai, haere mai, all welcome.

Contact Dina on 0272245824 or email dina@huchs.org.nz

In conjunction with Hutt Union & Community Health Service,

Pomare Taita Community Trust, and Taiohi Morehu.

Pepi Tiorori (starting in 2019)

Whanake Rangataua Karate

Contact Vernon Winitana on 021 180 4214

www.wrkdirdojo-lowerhutt.net or

www.facebook.com/whanakerangataualowerhutt

Ask about special Instructors classes for adults who want to retrain to become leaders.