

WEEKLY CALENDAR:

MONDAY

Crafty Corner

10am - 12pm
FREE weekly social craft group, all invited and drop ins welcome.

Learn Te Reo Māori

– **Absolute Beginners**
5:15 - 6:15pm
Six week course. New intake each term. Bookings essential.
Fern: fernw1@outlook.com

Pop Pilates

6:30 - 7:30pm
Pilates done differently! First class FREE, then \$18. Emily: 021 0889 9084

TUESDAY

Free Laughter Club

11am - 12pm
Pop-up class during October. Come laugh for your health! A fun, playful session where laughter becomes contagious, uplifting and good for the soul. Free entry.

Children's Music Class

– **by The Muse**
3:45 - 4:30pm (term time)
For ages 5-7. Term fee \$140
Email: admin@themuse.org.nz

Mindful Movement with Mel

6:30 - 7:30pm
Welcoming weekly yoga class. Hatha flow, breathwork & relaxation. \$20 casual, or \$70 for 4-class-pass. Bookings essential.
Mel: 020 449 5377

WEDNESDAY

Learn Te Reo Māori

– **Beginners with Experience**
5:15 - 6:15pm
Bookings essential
Fern: fernw1@outlook.com

Pop Pilates

6:30 - 7:30pm
Pilates done differently! First class FREE, then \$18. Emily: 021 0889 9084

THURSDAY

Playful Club

9:30 - 10:30am (term time)
Toddler play group session. Music and special combo from Dune Cafe for attendees. Walk-ins welcome! \$2 entry.

FRIDAY

Tai Chi

– **Vital Class (beginners)**
10:45 - 12:00pm
First class FREE, then \$8
Steve: 021 640 733

Māmā Pilates

12:30 - 1:30pm (term time)
Suitable for any stages of pre/post-natal. Babies welcome! \$75 for x5 classes, or \$20 casual. Eveline: evelinegeradts@gmail.com

SUNDAY

Your Vital Life

– **Yoga with Hamish**
9 - 10am
\$20 casual, \$160 10-class pass, \$180 month unlimited.
Hamish: 021 055 1884

Tai Chi

– **Vital Class (beginners)**
6:45 - 8pm
First class FREE, then \$8
Steve: 021 640 733

thebridgehub.org.nz
hello@thebridgehub.org.nz
@thebridgesouthbrighton
@thebridgehubsouthbrighton

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FORTNIGHTLY, MONTHLY & SPECIAL EVENTS:

TUESDAY

Building Chats with BEN

10 - 11am | 27 Oct
Last Tuesday of each month
FREE building and construction chats with a registered builder. Pop in anytime during the hour. All welcome!

Nervous System Care – Free Session

9:30-10:30am | 13 Oct
Join Amber for gentle movement, awareness and practical tools to better understand your nervous system, support yourself and navigate stress. Koha appreciated. Register your attendance: amberfisher.nz@gmail.com

THURSDAY

Boardgames

@ The Bridge
7 - 11pm | 1 Oct, 5 Nov
First Thursday of the month
Bring your own games or join in with others for a fun, relaxed evening of board games and good company Gold coin/koha entry. Enquiries: admin@bgatb.nz

Nervous System Care – Free Session

6:30-7:30pm | 15 Oct
Join Amber for gentle movement, awareness and practical tools to better understand your nervous system. Koha appreciated. Register your attendance: amberfisher.nz@gmail.com

Emergency Response Community Training

11am - 3pm | 22 Oct
Southshore and South New Brighton residents are invited to learn how to volunteer and help run the community hub during an emergency. Registrations required: renew.brighton@gmail.com

Meet the Candidates

7-9pm | 22 Oct
Hear local political representatives discuss the issues shaping our community ahead of the 2026 election. Register your attendance: events.humanitix.com/meet-the-candidates-of-the-east

SATURDAY

Ecstatic Dance Chch

7 - 9:15pm | 3 & 31 Oct
Family friendly dance event. \$15-\$25. Event details on FB.

Sol Gatherings

10am - 2pm | 17 Oct
A day dedicated to health and wellbeing in all its forms - natural health & nutrition, bodywork, energy healing and conscious products. FREE entry - everyone welcome.

WEDNESDAY

FREE Legal Chats

1:30 - 2:30pm | 28 Oct
Last Wednesday of the month
Drop in for FREE legal advice on wills, trusts and enduring powers of attorney. All welcome. If you can't attend in person, please contact Sarah: sarah@trustandlegacy.nz

FRIDAY

Face First, Jüvee, Epsilon

– **All Ages Gig**
7:30pm | 16 Oct
Get ready for a high-energy night of pop punk, emo and alt rock with Christchurch bands bringing the noise. \$15 + BF. Tickets available from: UnderTheRadar.co.nz

Raise The Beat

– **Variety Show Fundraiser**
6:30pm | 30 Oct
Support Charlee's journey to dance at the WSB (street dance) World Championship in Hong Kong. Tickets available from: www.mytickets.co.nz/raise-the-beat2026

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