

LAST CLASS CALENDAR FOR THE SPRING 2019 SESSION (as of June 14, 2019)

The dates below represent the last class for every course for this session.

Unless otherwise noted, all classes continue up to and including the indicated dates. V0603

Monday	Tuesday	Wednesday	Thursday	Friday
03-Jun	04-Jun	05-Jun	06-Jun	07-Jun
			<p><i>Thursday Essentrics</i></p> <p><i>Converse in French</i></p> <p><i>Bootcamp Fitness</i></p> <p><i>Body Factory</i></p> <p><i>Outdoor Stroller Fit</i></p> <p><i>Kodomo (Kids') Karate</i></p> <p><i>Add Colour to Your Journaling</i></p> <p><i>Mixed Media Collage</i></p>	
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
<p><i>Classical Pilates</i></p> <p><i>Mom & Tots Yoga</i></p> <p><i>Preventing & Managing Diabetes</i></p> <p><i>Mom and Baby Yoga (3 to 7 mos)</i></p> <p><i>Self-Defence</i></p> <p><i>Monday Sweat and Tone</i></p> <p><i>Singing Group</i></p> <p><i>Evening Adult Ballet</i></p>	<p><i>Mom & Tots Gym</i></p> <p><i>Knitting for All</i></p> <p><i>Break a Sweat With Baby</i></p> <p><i>Tuesday Sweat and Tone</i></p> <p><i>Children's Creative Movement</i></p> <p><i>Essentrics</i></p> <p><i>Evening Fresh Air Fitness</i></p> <p><i>Zumba Nite</i></p> <p><i>Start Running! Couch to 5K</i></p> <p><i>Evening Kripalu-Inspired Hatha Yoga</i></p>	<p><i>Core Pilates</i></p> <p><i>Singing With Mom</i></p> <p><i>Total Body Fitness</i></p> <p><i>Wednesday Zumba</i></p> <p><i>Adult Ballet</i></p> <p><i>Interval Training</i></p>	<p><i>AGM - No Daytime Classes - Daytime make-up classes will take place June 20</i></p> <p><i>Digital Photography</i></p>	<p><i>Busy Bees</i></p> <p><i>Kripalu-Inspired Hatha Yoga</i></p> <p><i>Fresh Air Fitness Fridays</i></p> <p><i>Beginner's French</i></p> <p><i>Mama's Movers</i></p> <p><i>Mom and Baby Yoga (6 to 12 mos)</i></p> <p><i>Little Learners</i></p> <p><i>Gentle Toning</i></p>
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
<p><i>Mindful Mondays - Make-up 1 of 1</i></p> <p><i>Paper Crafting 101 - Make-up 1 of 1</i></p>	<p><i>Tuesday Outdoor Stroller Fit</i></p>	<p><i>Creating Digital Photo Albums and Movies - Make-up 1 of 1</i></p>	<p><i>Awakening to Your Life Purpose - Make-up 1 of 1</i></p> <p><i>Tai Chi - Make-up 1 of 1</i></p> <p><i>Therapeutic Gentle Hatha Yoga and Meditation - Make-up 1 of 1</i></p> <p><i>Conversation en français - Make-up 1 of 1</i></p>	<p><i>Watermedia - Make-up 1 of 1</i></p>