

LAST CLASS CALENDAR SPRING 2024
(as of June 7, 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 27, 2024	May 28, 2024	May 29, 2024	May 30, 2024	May 31, 2024	June 1, 2024
				Women's Circle	
June 3, 2024	June 4, 2024	June 5, 2024	June 6, 2024	June 7, 2024	June 8, 2024
*Busy Bees (3-6 month) *Busy Bees (6-12 month) *Monday Sweat and Tone *Fit Mix *Pilates *Walking Group *Gentle Yoga *HIIT with Lindsay	Makeup#1: French for Beginners (Pierrefonds) *Knitting Club *Body Factory *Music and Storytime with Shannon *Boot Camp *Essentrics *Discover your Inner Pastry Chef *Zumba *Evening Running Group	*Storytime and Craft (18month - 3y) *Yoga Flow *Outdoor Mom and Baby Fit *Adult Ballet *Makeup #1-New Baby Conversation Group *Discover your Inner Pastry Chef *Musical Experiential Group	*Toning and Custom Fit for All *Sing along with Shannon *3Peat Fitness *Craft & Chat *Empowered Moms: Do Mom Guilt Free	*Friday 45 Fitness *Fresh Air Fitness *AbsMobility *Belly Dancing	*Monkey and Me (2y) *Outdoor Tabata *Music and Movement (4-5y)
June 10, 2024	June 11, 2024	June 12, 2024	June 13, 2024	June 14, 2024	June 15, 2024
*Converse in French for Intermediates	*Makeup #1 - Unwind Your Body and Release Converse in French for Beginners (Pierrefonds)	*Makeup #1- Yoga for Pelvic Health *Makeup #1 - Parents and Tots Creative Movement *Fiction Book Club	*Makeup #1 – Mom&Baby Exercise (Pierrefonds) *Makeup #1 - Nurturing Lasting Connections	*Makeup #1 - Mom and Baby Exercise *Makeup #1 - Early Musical Education	* Makeup #1- Storytime and Craft *Makeup #1 - The Art of Islamic Pattern *Prenatal Yoga *Saturday Yoga Flow
June 17, 2024	June 18, 2024	June 19, 2024	June 20, 2024	June 21, 2024	June 22, 2024
				*Makeup #2 – Body Sculpting and Toning	