

LAST CLASSES CALENDAR - SPRING 2025

(as of May 21, 2025)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 26	May 27	May 28	May 29	May 30	May 31
<ul style="list-style-type: none">• Online - Pilates• Pilates	<ul style="list-style-type: none">• Time for Two Playgroup Pierrefonds• Converse in English – Beginner• Pilates in Pierrefonds				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 2	June 3	June 4	June 5	June 6	June 7
<ul style="list-style-type: none">• Busy Bees (6-12 mos)• Busy Bees (3-6 mos)• Monday Sweat & Tone• Fit Mix• Gentle Yoga• HIIT with Lindsay	<ul style="list-style-type: none">• Unwind Your Body and Release• Mom and Baby Yoga (6-18 mos)• Latin Cardio• Digital Photography (beginner level)• Power Yoga• Creative Writing• Essentrics• Music & Social Time for Babies (0-12 mos)• Prenatal Yoga • Zumba• Evening Running Group• Pyjama Yoga	<ul style="list-style-type: none">• Little Movers (12-24 mos with parent)• Happy Hatchlings (6-12 mos with parent)• Little Movers (2-4y with parent)• Outdoor Mom & Baby Fit (6 wks - 24 mos.)• Yoga Flow• Canva 101: Your First Steps in Digital Design• Sketching with Confidence• Mom and Baby Playgroup• Adult Ballet• A Hands-On Bookmaking Adventure	<ul style="list-style-type: none">• Toning and Custom Fit for All• HIIT 3PEAT Fitness• Canva 103 - Build Your Business Design Kit• Lunch Crunch: Power Bootcamp• Tai Chi• Chat and Craft• Mom and Baby Exercise (6 wks-6 mos)• Converse in French - Beginner• Senior Chair Yoga• Yoga for Back Health	<ul style="list-style-type: none">• Time for Two Playgroup Pointe-Claire• Mom and Baby Exercise (6 wks-6 mos)• Early Musical Education (16 mos - 3y with parent)• Music & Social Time for Babies• AbsMobility• Women's Circle• 55 Up! Women's Group• Dance Fusion• Converse in French - Beginner	<ul style="list-style-type: none">• Monkey & Me: Active Fun (2 yrs with parent)• Nordic Walking at Terra Cotta Parc• Music and Movement• The Art of Islamic Pattern Design• Belly Dancing• Ukulele Club for kids
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 9	June 10	June 11	June 12	June 13	June 14
<ul style="list-style-type: none">• Make up #1: Evening Yoga: Stretch & Relaxation	<ul style="list-style-type: none">• Make up #1 - Spanish Conversation	<ul style="list-style-type: none">• Make up #1 - Yoga for Pelvic Health	<ul style="list-style-type: none">• Make up #2 - New Baby Conversation Group• Make up #1 - Spanish for Beginners	<ul style="list-style-type: none">• French for Intermediates• Make up #1- Watercolour with Pepa - Level 2	<ul style="list-style-type: none">• Make up #1 - Forest School• Make up #1 - Saturday Yoga Flow