

LAST CLASSES CALENDAR - SPRING 2025

(as of June 2nd, 2025)

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• 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• Converse in French - Beginner	<ul style="list-style-type: none">• Monkey & Me: Active Fun (2 yrs with parent)• 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 #1 - Senior Chair Yoga• Make up #2 - New Baby Conversation Group• Make up #1 - Spanish for Beginners• Make up #1 - Spanish for Beginners	<ul style="list-style-type: none">• French for Intermediates• Make up #1 - Dance Fusion• Make up #1- Watercolour with Pepa - Level 2	<ul style="list-style-type: none">• Make up #1 - Forest School• Make up #1 - Nordic Walking• Make up #1 - Saturday Yoga Flow