## LAST CLASSES CALENDAR - SPRING 2025

(as of June 2nd, 2025)

| THEODAY   |  | TUIDEDAV   |   | SATURDAY  |
|---|--|--|---|---|
|   |  |  |   |   |
| <ul> <li>June 3</li> <li>Unwind Your<br/>Body and<br/>Release</li> <li>Mom and<br/>Baby Yoga<br/>(6-18 mos)</li> <li>Latin Cardio</li> <li>Digital<br/>Photography<br/>(beginner<br/>level)</li> <li>Power Yoga</li> <li>Creative<br/>Writing</li> <li>Essentrics</li> <li>Music &amp;<br/>Social Time<br/>for Babies (0-<br/>12 mos)</li> <li>Prenatal<br/>Yoga </li> <li>Zumba</li> <li>Evening<br/>Running<br/>Group</li> <li>Pyjama Yoga</li> </ul> | <ul> <li>June 4</li> <li>Little Movers<br/>(12-24 mos<br/>with parent)</li> <li>Happy<br/>Hatchlings (6-<br/>12 mos with<br/>parent)</li> <li>Little Movers<br/>(2-4y with<br/>parent)</li> <li>Outdoor Mom<br/>&amp; Baby Fit (6<br/>wks - 24<br/>mos.)</li> <li>Yoga Flow</li> <li>Canva 101:<br/>Your First<br/>Steps in<br/>Digital Design</li> <li>Sketching<br/>with<br/>Confidence</li> <li>Mom and<br/>Baby<br/>Playgroup</li> <li>Adult Ballet</li> <li>A Hands-On<br/>Bookmaking</li> </ul>  | <ul> <li>June 5</li> <li>Toning and<br/>Custom Fit<br/>for All</li> <li>HIIT 3PEAT<br/>Fitness</li> <li>Canva 103 -<br/>Build Your<br/>Business<br/>Design Kit</li> <li>Lunch<br/>Crunch:<br/>Power<br/>Bootcamp</li> <li>Tai Chi</li> <li>Chat and<br/>Craft</li> <li>Mom and<br/>Baby<br/>Exercise (6<br/>wks-6 mos)</li> <li>Converse in<br/>French -<br/>Beginner</li> <li>Yoga for<br/>Back Health</li> </ul>   | <ul> <li>June 6</li> <li>Time for Two<br/>Playgroup<br/>Pointe-Claire</li> <li>Mom and<br/>Baby Exercise<br/>(6 wks-6 mos)</li> <li>Early Musical<br/>Education (16<br/>mos - 3y with<br/>parent)</li> <li>Music &amp;<br/>Social Time<br/>for Babies</li> <li>AbsMobility</li> <li>Women's<br/>Circle</li> <li>55 Up!<br/>Women's<br/>Group</li> <li>Converse in<br/>French -<br/>Beginner</li> </ul>  | <ul> <li>June 7</li> <li>Monkey &amp;<br/>Me: Active<br/>Fun (2 yrs<br/>with parent)</li> <li>Music and<br/>Movement</li> <li>The Art of<br/>Islamic<br/>Pattern<br/>Design</li> <li>Belly<br/>Dancing</li> <li>Ukulele Club<br/>for kids</li> </ul>  |
| TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
| June 10<br>• Make up #1 -<br>Spanish<br>Conversation  | June 11<br>• Make up #1 -<br>Yoga for<br>Pelvic Health   | June 12 <ul> <li>Make up #1 -<br/>Senior Chair<br/>Yoga</li> <li>Make up #2 -<br/>New Baby<br/>Conversation<br/>Group</li> <li>Make up #1 -<br/>Spanish for<br/>Beginners</li> </ul>   | June 13 <ul> <li>French for<br/>Intermediates</li> <li>Make up #1 -<br/>Dance Fusion</li> <li>Make up #1-<br/>Watercolour<br/>with Pepa -<br/>Level 2</li> </ul>  | June 14<br>• Make up #1<br>- Forest<br>School<br>• Make up #1<br>- Nordic<br>Walking<br>• Make up #1<br>- Saturday<br>Yoga Flow   |
|   | <ul> <li>Unwind Your<br/>Body and<br/>Release</li> <li>Mom and<br/>Baby Yoga<br/>(6-18 mos)</li> <li>Latin Cardio</li> <li>Digital<br/>Photography<br/>(beginner<br/>level)</li> <li>Power Yoga</li> <li>Creative<br/>Writing</li> <li>Essentrics</li> <li>Music &amp;<br/>Social Time<br/>for Babies (0-<br/>12 mos)</li> <li>Prenatal<br/>Yoga </li> <li>Zumba</li> <li>Evening<br/>Running<br/>Group</li> <li>Pyjama Yoga</li> <li>TUESDAY<br/>June 10</li> <li>Make up #1 -<br/>Spanish</li> </ul> | June 3June 4Unwind Your<br>Body and<br>ReleaseLittle Movers<br>(12-24 mos<br>with parent)Mom and<br>Baby Yoga<br>(6-18 mos)Happy<br>Hatchlings (6-<br>12 mos with<br>parent)Latin CardioLittle Movers<br>(2-4y with<br>parent)Latin CardioLittle Movers<br>(2-4y with<br>parent)Digital<br>Photography<br>(beginner<br>level)Outdoor Mom<br>& Baby Fit (6<br>wks - 24<br>mos.)Power YogaOutdoor Mom<br>& Baby Fit (6<br>wks - 24<br>mos.)Power YogaYoga FlowCreative<br>WritingYoga FlowEssentricsCanva 101:<br>Your First<br>Steps in<br>Digital DesignMusic &<br>Social Time<br>for Babies (0-<br>12 mos)Sketching<br>with<br>ConfidencePrenatal<br>Yoga Mom and<br>Baby<br>PlaygroupEvening<br>Running<br>GroupAdult BalletEvening<br>Running<br>GroupAdult BalletPyjama YogaAdult BalletMake up #1 -<br>Yoga forMake up #1 -<br>Yoga for | June 3June 4June 5• Unwind Your<br>Body and<br>Release• Little Movers<br>(12-24 mos<br>with parent)• Toning and<br>Custom Fit<br>for All• Mom and<br>Baby Yoga<br>(6-18 mos)• Happy<br>Hatchlings (6-<br>12 mos with<br>parent)• HIIT 3PEAT<br>Fitness• Latin Cardio• Happy<br>Hatchlings (6-<br>12 mos with<br>parent)• HIIT 3PEAT<br>Fitness• Digital<br>Photography<br>(beginner<br>level)• Untdoor Mom<br>& Baby Fit (6<br>wks - 24<br>mos.)• Canva 103 -<br>Build Your<br>Business<br>Design Kit• Outdoor Mom<br>& Baby Fit (6<br>wks - 24<br>mos.)• Canva 101:<br>Your First<br>Steps in<br>Digital Design<br>• Chat and<br>Canter Fit<br>Power<br>Bootcamp• Music &<br>Social Time<br>for Babies (0-<br>12 mos)• Yoga Flow• Chat and<br>Caraft• Prenatal<br>Yoga • Sketching<br>with<br>Confidence• Mom and<br>Baby<br>Exercise (6<br>wks-6 mos)<br>with• Prenatal<br>Yoga • Adult Ballet<br>Adult Ballet• Yoga for<br>Bookmaking<br>Adventure• TUESDAYWEDNESDAYTHURSDAY• Make up #1 -<br>Spanish<br>Conversation• Make up #1 -<br>Spanish for | June 3June 4June 5June 6Unwind Your<br>Body and<br>ReleaseLittle Movers<br>(12-24 mos<br>with parent)Toning and<br>Custom Fit<br>for AllTime for Two<br>Playgroup<br>Pointe-ClaireMom and<br>Baby Yoga<br>(6-18 mos)Happy<br>Hatchlings (6-<br>12 mos with<br>parent)HIIT 3PEAT<br>FitnessMom and<br>Baby Exercise<br>(6 wks-6 mos)Latin CardioHappy<br>Hatchlings (6-<br>12 mos with<br>parent)HIIT 3PEAT<br>FitnessMom and<br>Baby Exercise<br>(6 wks-6 mos)Digital<br>Photography<br>(beginner<br>level)Outdoor Mom<br>& Baby Fit (6<br>wks - 24<br>mos.)Canva 103 -<br>Build Your<br>BootcampMusic &<br>Social Time<br>for Babies (0-<br>12 mos)Mom and<br>Digital DesignCreative<br>WritingOutdoor Mom<br>acans 101:<br>Your First<br>Steps in<br>Digital DesignMom and<br>Baby<br>Exercise (6<br>wks-6 mos)Mom and<br>Baby<br>Exercise (6<br>Wes-6 mos)Women's<br>CirclePrenatal<br>YogaOnfidence<br>PlaygroupConverse in<br>French -<br>Back HealthSocial Time<br>for Babies (-<br>Converse in<br>French -<br>Beginner<br>Baby<br>PlaygroupSocial Time<br>for BabiesVumbaAdult Ballet<br>PlaygroupAdult Ballet<br>Yoga for<br>Pelvic HealthMake up #1 -<br>Yoga for<br>Yoga for<br>Pelvic HealthFRIDAY<br> |