

**LAST CLASS CALENDAR Winter 2026**  
**(as of March 9, 2026)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
Mar 9, 2026	Mar 10, 2026	Mar 11, 2026	Mar 12, 2026	Mar 13, 2026	Mar 14, 2026
	*55 Up! Kitchen North	*Fertility Support Group	*Caregiver Discussion Group  *Women's Social Group (30-50 yrs)	*Mom and Baby Exercise (6 wks – 6 months)  *Pilates 45  *Women's Circle	*Monkey & Me: Active Fun (2yrs with parents)  *Nordic Walk  *Keep Watercolouring with Pepa  *Mom's and Kids Zumba (5yr+)  *Monkey & Me: Active Fun (3-4 yr with parent)  *Saturday Yoga Flow with Kim  *Women's Social Group (30 –50yrs)
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
Mar 16, 2026	Mar 17, 2026	Mar 18, 2026	Mar 19, 2026	Mar 20, 2026	Mar 21, 2026

<p>*Mindful Yoga</p> <p>*Online Pilates</p> <p>*Busy Bees (9-14 mos)</p> <p>*Monday Sweat &amp; Tone</p> <p>*Busy Bees (3-9 mos)</p> <p>*Golden Moves: Mobility &amp; Balance 55+</p> <p>*Mom and baby exercise (6wks – 6 mos)</p> <p>*Pilates</p> <p>*Gentle Yoga with Kim</p>	<p>* Unwind Your Body and Release</p> <p>*Time for Two Playgroup Pierrefonds</p> <p>*Mom &amp; Baby Yoga (0-12 mos)</p> <p>* Converse in English Intermediate</p> <p>*English for Beginners</p> <p>*Essentrics</p> <p>*Creative Writing</p> <p>*Chair Yoga</p> <p>*Cuddles and Connections Playgroup (6-12 mos)</p> <p>*Tuesday After school Program</p> <p>*Spanish Conversation</p> <p>*Zumba</p> <p>*Make-up#1: Latin Cardio</p>	<p>*Death Café: Conversations about Life &amp; Loss</p>	<p>*Make-up#1: Yoga for Back Health</p>	<p>*Make-Up #1: Our Musical Littles (0-5yrs)</p> <p>*Make-Up #1: Our Musical Littles (0-5 yrs)</p> <p>*Make-Up #1: Time for Two Playgroup PC</p> <p>*Make-Up #1: French Conversation – Intermediates</p> <p>*Make-Up #1: 55Up! Social Group</p>	<p>*Make-Up#1: Belly Dancing</p> <p>*Open Play (0-5y with parents)</p>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
Mar 23, 2026	Mar 24, 2026	Mar 25, 2026	Mar 26, 2026	Mar 27, 2026	Mar 28, 2026
<p>*Make-up#1: Crawling to Walking: Gross Motor Support Group</p> <p>*Make-up #1: Postpartum Support Group</p> <p>*Make-up#1: Evening Yoga: Stretch and Relax</p> <p>*Make-up#1: HIIT with Lindsay</p>	<p>*Make-up #1: Knitting Club</p> <p>*Make-up #1: Games Café</p> <p>*Make-up #1: Vinyasa Yoga</p>	<p>*Make-up#1: Little Movers (12-24 mos)</p> <p>*Make-up#1: Little Movers (2-4y)</p> <p>*Make-up#1: Yoga Flow with Kim</p> <p>*Make-up#1: Adult Ballet</p> <p>*Make-up#1:</p>	<p>*Make-up#1: Toning and Custom Fit for All</p> <p>*Make-up#1: 55 Up! Women's Group – North</p> <p>*Make-up#1: Converse in French – Beginner</p> <p>*Make-up#1: HIIT 3PEAT</p> <p>*Make-up#1:</p>		

		<p>Watercolour: wet on wet (Beginner level)</p> <p><b>*Make-up#1:</b> Hello Mama Hello Baby</p> <p><b>*Make-up#1:</b> Prenatal Yoga</p> <p><b>*Make-up#1:</b> Pilates</p> <p><b>*Make-up#1:</b> Converse in French – beginner (Online)</p>	<p>Canva 101: Your First Steps in Digital Design</p> <p><b>*Make-up#1:</b> Online Lunch Bootcamp</p> <p><b>*Make-up#1:</b> Craft &amp; Chat</p> <p><b>*Make-up#1:</b> Tai Chi</p> <p><b>*Make-up#1:</b> Thursday After School Program</p> <p><b>*Make-up#1:</b> Kickboxing</p> <p><b>*Make-up#1:</b> Cardio Dance Sculpt</p> <p><b>*Make-up#1:</b> Singing Group</p>		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
Mar 30,2026	Mar 31, 2026	Apr 1, 2026	Apr 2, 2026	Apr 3,2026	Apr 4, 206
*Walking Group			<p><b>*Make-up#2:</b> Tunes for Toddlers &amp; Grownups (18mos – 4y)</p> <p><b>*Make-up#2:</b> Music &amp; Social time for Babies and Moms (0-18 mos)</p> <p><b>*Make-Up#2:</b> Career Coaching</p>		