

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	*Yoga for Back Health *Caregiver Discussion Group *Women's Social Group	*Mom and Baby Exercise (6 wks – 6 months) *Pilates 45	*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 *Make-up #1: Questions on AI Workshop *Women's Social Group
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 & Tone</p> <p>*Busy Bees (3-9 mos)</p> <p>*Golden Moves: Mobility & Balance 55+</p> <p>*Pilates</p> <p>*Gentle Yoga with Kim</p>	<p>* Unwind Your Body and Release</p> <p>*Mom & 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>*Spanish Conversation</p> <p>*Zumba</p> <p>*Make-up#1: Latin Cardio</p>	<p>*Death Café</p>	<p>*Make-up#1: Yoga for Back Health</p>	<p>*Make-Up #1: Our Musical Littles</p> <p>*Make-Up #1: Our Musical Littles</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>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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: Watercolour: wet on wet (Beginner level)</p> <p>*Make-up#1: Prenatal Yoga</p> <p>*Make-up#1: Pilates</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>*Mkae-up#1: HIIT 3PEAT</p> <p>*Make-up#1: Canva 101: Your First Steps in Digital Design</p> <p>*Make-up#1: Online Lunch Bootcamp</p> <p>*Make-up#1: Craft & Chat</p>		

		Converse in French – beginner (Online)	*Make-up#1: Tai Chi *Make-up#1: Kickboxing *Make-up#1: Cardio Dance Sculpt *Make-up#1 Singing Group		
Mar 30,2026	Mar 31, 2026	Apr 1, 2026	Apr 2, 2026	Apr 3,2026	Apr 4, 206
*Walking Group			*Make-up#2: Tunes for Toddlers *Make-up#2: Music & Social time *Make-Up#2: Career Coaching		