

**LAST CLASS CALENDAR SPRING 2026**  
(as of June 8, 2026)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 8, 2026	June 9, 2026	June 10, 2026	June 11, 2026	June 12, 2026	June 13, 2026
*Mindful Yoga *Online Pilates *Busy Bees (9-14 mos.) *Monday Sweat & Tone *Busy Bees (3-9 mos.) *Crawling to Walking: Gross Motor Support (10-24 months) *Golden Moves: Mobility & Balance 55+ *Mom and Baby Exercise (6wks – 5 months) * Postpartum Peer Support & Conversation Group *Pilates * Drop in: Car Seat Clinic * Gentle Yoga * Evening Yoga: Stretch & Relaxation * HIIT avec Lindsay	* Latin Cardio * Unwind Your Body and Release *Essentrics *Converse in English - Intermediate *English for Beginners * Knitting Club *Mom and Baby Yoga (0-12 mos) * Creative Writing *55 Up! Games Café *Chair Yoga *Zumba *Relax and Unwind Yoga *Drop-In: Kitchen North	*Little Movers (12-24 mos with Parents) *Little Movers (2-4y with Parents) *Taste of Italy *Outdoor Mom & Baby Fit (6wks – 18 mos.) 10:30am *Yoga Flow *Outdoor Mom and Baby Fit (6wks – 18 mos.) 11:30am *Keep Water colouring with Pepa *Drop-in: Kitchen South *Hello Baby, Hello Mama (0-6 mos) *Death Café: Conversations about Life & Loss	*Toning and Custom Fit *55 Up! Women's Social Group North *HIIT 3PEAT Fitness *Online Lunch Bootcamp *Career Coaching *Yoga for Back Health *Thursday After School Program *Cardio Dance Sculpt *Women's Social Club	*Time for Two Playgroup Pointe Claire *Mom and Baby Exercise (6wks – 5 mos..) *Pilates 45 *Women's Circle *55 Up! Women's Group *Converse in French for Intermediates	*Saturday Yoga Flow *Nordic Walk * Fresh Air Fun for Kids (4-6y with parents)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 15, 2026	June 16, 2026	June 17, 2026	June 18, 2026	June 19, 2026	June 20, 2026
<p>*Walking Group</p> <p><b>*Make-Up#1:</b> Dealing with Separation and Divorce (Online)</p>	<p><b>*Make-Up # 1:</b> Time for Two Playgroup Pierrefonds</p> <p><b>*Make-Up #1:</b> Cuddles and Connections Playgroup (6-12 mos)</p> <p><b>*Make -Up#1:</b> Mom and Baby Yoga (0-12 mos)</p>	<p><b>*Make -Up #1:</b> Pilates</p> <p><b>*Make -Up#1:</b> Prenatal Yoga</p> <p>*Loss Parent Craft Night</p> <p>*Book Club</p>	<p><b>*Make-Up #1:</b> Tunes for Toddlers &amp; Grownups! (18 mos – 4y)</p> <p><b>*Make-Up #1:</b> Music &amp; Social Time for Babies &amp; Moms (0-18 mos)</p> <p><b>*Make-Up#1:</b> Converse in French -Beginners</p> <p><b>*Make-Up#1:</b> Kickboxing</p>	<p><b>*Make-Up#1:</b> Our Musical Littles (0-5y) <b>9:00am</b></p> <p><b>*Make-Up#1:</b> Our Musical Littles (0-5y) <b>10:00am</b></p> <p><b>*Make-Up#1:</b> Montessori Play (18 months – 4yrs)</p>	<p><b>*Make-Up#1:</b> Monkey &amp; Me: Active Fun (2yrs with Parent)</p> <p><b>* Make-Up#1:</b> Monkey &amp; Me: Active Fun (3-4 yrs with Parent)</p> <p><b>*Make-Up#1:</b> Converse in French - Beginner</p> <p><b>*Make-Up#1:</b> Belly Dancing</p>