

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CrossTrain 6:50 - 7:30am Linda	Vinyasa Yoga 6:30 - 7:30am Kendra	20/20 Cardio & Strength 6:50 - 7:30am Lilliette	Check our social media page for any early morning "pop up" classes	Core 6:50am - 7:30am Alternate: Linda/Lilliette	Instructors' Choice 9:00 - 9:45am Lilliette/Bronwen/Soraya /Linda
Tabata 9:30 - 10:30am Tina H.	HIIT: Total Body 9:00 - 9:30am Jennifer	Cross 9:00 - 9:30am Tina H.	Core Strength Yoga 9:30am - 10:15am Jacqui	Strength w/ Dumbbells 9:00 - 9:30am Tina H.	Hatha Flow 9:45 - 10:30am Jacqui
Chair Yoga 10:30 - 11:30am Clare	Beginner: Sun Salutation 9:30 - 10:15am Jacqui	Gentle Fit 9:30am - 10:15am Soraya		Cardio/Strength/Core 9:30am - 10:15am Jennifer	Sunday
Tabata 6:00 - 6:45pm Cheri		Chair Yoga 10:30 - 11:30am Clare		Chair Yoga 10:30 - 11:30am Clare	20/20/20 10:00 - 11:00am Bronwen/Lilliette/Linda

Weekly Workshop Schedule

Tuesdays: Book Club - Jennifer 8:00 - 9:00pm
The Light in Hidden Places by Sharon Cameron
 May 4, 11, 18 & 25

Fridays: The Joy of Cooking - Tina P 11:30 - 12:15pm

Special Class Alert

Mother's Day May 9th - We are considering a special class. Please check out our social media page for more details

No classes on Victoria Day long weekend
www.parlourproject.com
learnmore@parlourproject.com



Celebrated 1 Year April 2021

Gather • Collaborate • Connect

Join us by **ZOOM** 471 452 910 **PW:** 214483