

# September 2021

Rev. 31 Aug 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tabata</b> 9:30 - 10:15am Tina H.	<b>Vinyasa Yoga</b> 6:30 - 7:30am Kendra	<b>Cross</b> 9:00 - 9:30am Tina H.	Check our social media page for any early morning "pop up" classes	<b>Strength w/ Dumbbells</b> 9:00 - 9:30am Tina H.	<b>Hatha Flow</b> 9:30 - 10:15am Jacqui
<b>Beginner: Sun Salutation</b> 10:15 - 11:00am Jacqui	<b>Full Body</b> 9:00 - 9:30am Soraya		<b>Core Strength Yoga</b> 9:30am - 10:15am Jacqui	<b>Fully Body HIIT</b> 9:30am - 10:00am Jennifer	<b>Sunday</b>
	<b>Gentle Fit*</b> 9:30 - 10:15am Soraya			<b>Chair Yoga</b> 10:15am - 11:15am Claire	<b>Cardio Strength Core</b> 10:00 - 11:00am Bronwen



*Gather • Collaborate • Connect*

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

Celebrated 1 Year in April 2021

## Weekly Workshop Schedule

**Book Club:** The Secret Keeper of Jaipur by Alka Joshi - Jennifer 8 - 9pm  
Starts September 9<sup>th</sup>. Chapter 1-6 for the first meeting

**Fridays:** The Joy of Cooking - Tina P. 11:15 - 11:45pm  
**Special Class Alert**

No classes on Labour Day  
The September schedule starts September 7<sup>th</sup>.

**For more information:**  
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www.parlourproject.com

