

# October 2021

Rev. 03 Oct 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body 6:30 - 7:15am Lilliette / Lee-Anne	Vinyasa Yoga 6:30 - 7:30am Kendra	Total Body 6:30 - 7:15am Lilliette / Lee-Anne	Check our social media page for any early morning "pop up" classes	Strength w/ Dumbbells 9:00 - 9:30am Tina H.	Hatha Flow 9:30 - 10:15am Jacqui
Tabata 9:30 - 10:15am Tina H.		Cross 9:00 - 9:30am Tina H.	Core Strength Yoga 9:30am - 10:15am Jacqui	Chair Yoga 10:15am - 11:15am Claire	<b>Sunday</b>
					Cardio Strength Core 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:** Fight Night - by Miriam Toews - Jennifer 8 - 9pm Thursdays  
Starts Oct 7<sup>th</sup>. Chapter 1-5 for the first meeting

**Cooking Club:** The Joy of Cooking - Tina P. 11:15 - 11:45pm Fridays

### Special Class Alert

**Moon Sisters Ceremony:** All women, all walks of life welcome. Please bring a candle and glass jar & lid with water. Find a quiet & comfy place. **Oct 20<sup>th</sup> - 730pm**

No classes on Thanksgiving

### For more information:

learnmore@parlourproject.com  
www.parlourproject.com

