

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./Jennifer	HIIT 9:00 - 9:30am Bronwen	
Tabata 9:30 - 10:15am Tina H./Jennifer		Cross 9:00 - 9:30am Tina H./Jennifer	Core Strength Yoga 9:30am - 10:15am Jacqui	Chair Yoga 10:15am - 11:15am Claire	Sunday	
Latin Fusion 7:00 - 7:45pm Lindsay	<p align="center">Weekly Workshop Schedule</p> <p>Book Club: Will return in January 2022</p> <p>Cooking Club: The Joy of Cooking - Tina P. 11:15 - 11:45pm Fridays</p> <p align="center">Special Class Alert</p> <p>Holiday Music on the Trail: Join us for holiday music and pictures with Santa. All are welcome! Caledon Trail at Airport Road & Emma Street. Sun Dec. 5th & 12th - 11-12pm</p> <p>Moon Sisters Ceremony & Meditation: Please bring a candle and glass jar & lid with water. Find a quiet & comfy place. Melanie from Parry Sound Friendship Centre - Ojibway Territory. Dec 15th - 730pm</p> <p>For more information: learnmore@parlourproject.com www.parlourproject.com</p>					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

