

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.	Treadmill Training (walk/run) 8:45 - 9:30am Lee-Anne
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	Hatha Flow 9:30 - 10:15am Jacqui
Weekly Workshop Schedule Book Club: Book to be announced shortly - Jennifer 8 - 9pm Thursdays Starts Nov 4 th Chapter 1-5 for the first meeting Cooking Club: The Joy of Cooking - Tina P. 11:15 - 11:45pm Fridays Special Class Alert Fun 5K Run/Walk: All are welcome. Meet at the bridge entrance of the Caledon Trail @ Emma St. & Dufferin St - Caledon East. Nov 20th - 9am 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. Nov 18th - 730pm For more information: learnmore@parlourproject.com www.parlourproject.com					
					Nutrition Course "The Answer" 7:30 - 8:30pm Lee-Anne

Gather • Collaborate • Connect

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

Celebrated 1 Year in April 2021

