

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./Jennifer	<b>Core Strength Yoga</b> 9:30am - 10:15am Jacqui	<b>Strength w/ Dumbbells</b> 9:00 - 9:30am Tina H.	<b>HIIT</b> 9:00 - 9:30am Bronwen
				<b>Chair Yoga</b> 10:15am - 11:15am Claire	<b>Hatha Flow Yoga</b> 9:30 - 10:15am Jacqui
					Sunday
					<b>Cardio Strength Core</b> 10:00 - 11:00am Bronwen

## Weekly Workshop Schedule

**Book Club:** What Strange Paradise. Omar El Akkad  
 Jan. 06, chpt. 1-7; Jan 13 chpt. 8-14; Jan 20 chpt. 15-21; chpt. 22-30  
**Thurs - 730 - 830pm**

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

### Special Class Alert

**Moon Sisters Ceremony & Meditation:** Returning in February

**For more information:**  
[learnmore@parlourproject.com](mailto:learnmore@parlourproject.com)  
[www.parlourproject.com](http://www.parlourproject.com)

*Gather • Collaborate • Connect*

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



Celebrated 1 Year in April 2021

