June 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  |  |
|  |  |  |  |  |
| 3 | 4 | 5 *~NEW~* | 6 | 7 |
| **Gentle Yoga (Dahn)**Mona Khaddaj | **Fitness**Murray Weeks | **Stretch & Tone Flow**Melanie Vien-Walker | **Ashtanga Yoga**Danielle Cantin | **Fitness**Murray Weeks |
| 10 | 11 | 12 *~NEW~* | 13 | 14 |
| **Yoga for Runners**Janessa Mann | **Fitness**Murray Weeks | **Stretch & Tone Flow**Melanie Vien-Walker | **Ashtanga Yoga**Danielle Cantin | **Fitness**Murray Weeks |
| 17 | 18 | 19 *~NEW~* | 20 | 21 |
| **Gentle Yoga (Dahn)**Mona Khaddaj | **Fitness**Murray Weeks | **Stretch & Tone Flow**Melanie Vien-Walker | **Ashtanga Yoga**Danielle Cantin | **Fitness**Murray Weeks |
| 24 | 25 | 26  | 27 | 28 *~NEW~* |
| **Yoga for Runners**Danielle Cantin | **Fitness**Sophie Dubé | **Yoga Flow**Sophie Dubé | **Gentle Yoga (Dahn)**Mona Khaddaj | **Stretch & Tone Flow**Melanie Vien-Walker |

July 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  |
| 8 | 9 | 10 | 11 | 12 |
|  |  |  |  |  |
| 15 | 16 | 17 | 18 | 19 |
|  |  |  | **Ashtanga Yoga**Danielle Cantin |  |
| 22 | 23 | 24 | 25 | 26 |
|  |  |  | **Ashtanga Yoga**Danielle Cantin |  |
| 29 | 30 | 31 |  |  |
|  |  |  |  |  |

August 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  | 1 | 2 |
|  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |
| 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |
| 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |
| 26 | 27 | 28 | 29 | 30 |
|  |  |  |  |  |

September 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 |
|  |  |  |  |  |
| 30 |  |  |  |  |
|  |  |  |  |  |

October 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 |
|  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 |
|  |  |  |  |  |
| 21 | 22 | 23 | 24 | 25 |
|  |  |  |  |  |
| 28 | 29 | 30 | 31 |  |
|  |  |  |  |  |

November 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1 |
|  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |
| 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |
| 25 | 26 | 27 | 28 | 29 |
|  |  |  |  |  |

December 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 |
|  |  |  |  |  |
| 30 | 31 |  |  |  |