

# Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Zumba - Centre 1</p> <p>9:30 Italian Class - MK Room</p> <p>9:30 Stretch &amp; Tone 1 - Centre 2</p> <p>10:30 Open Circuit Workout - Centre 1</p> <p>10:30 Bone Builders - Centre 2</p> <p>10:30 Nordic Pole Walking - (Italian) - Games Room/ Hallway</p> <p>11:30 Stretch &amp; Tone 2 - Centre 2</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:00 AA Meeting - MK Room</p> <p>12:30 Hand Dance - Games Room</p> <p>1:00 Advanced Line Dancing - Centre 2</p> <p>1:30 Bingo - Centre 1</p> <p>2:00 Mindful Monday Adult Colouring - Games Room</p>	<p>9:00 HOPE - English for Beginners - MK Room</p> <p>9:30 Fit for Life - Centre 1 &amp; 2</p> <p>10:00 Low Vision Craft Group - Games Room</p> <p>10:45 Low Stress Chair Fit - Centre 1 &amp; 2</p> <p>10:45 Nordic Pole Walking - Hallway</p> <p>11:30 Lunch Program - Kitchen</p> <p>1:00 Drum Fit - Standing - Beginners - Centre 1</p> <p>1:00 Beginners Bridge - MK Room</p>	<p>9:00 Beginner Tap Dance - Centre 1</p> <p>9:15 Bone Builders - Centre 2</p> <p>9:30 Friendship Group - Games Room</p> <p>9:35 Advanced Tap Dance - Centre 1</p> <p>10:00 Knit &amp; Stitch - MK Room</p> <p>10:00 Nordic Pole Walking - Hallway</p> <p>10:15 Stretch &amp; Tone - Centre 2</p> <p>11:15 Latin Dance for Individuals - Centre 1</p> <p>11:30 Pilates - Centre 2</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:30 Drum Fitness - Seated - Centre 1</p> <p>1:00 Bid Euchre - Centre 2</p> <p>2:00 Beginner Line Dancing - Centre 1</p>	<p>9:00 HOPE - English for Beginners - MK Room</p> <p>9:30 Low Impact Fitness - Centre 1 &amp; 2</p> <p>10:15 Hand Dance - Welcome Room</p> <p>10:45 Chair Yoga - Centre 2</p> <p>10:45 Nordic Pole Walking - Hallway</p> <p>11:00 Beginner Line Dancing - Centre 1</p> <p>11:00 Easy Spanish Class - MK Room</p> <p>11:30 Lunch Program - Kitchen</p> <p>12:00 Yoga - Centre 2</p> <p>12:00 Intermediate Line Dancing - Centre 1</p> <p>1:00 Cribbage - MK Room</p> <p>1:15 Low Stress Chair Fit - Centre 2</p> <p>1:45 Tai Chi - Centre 1</p>	<p>9:00 Zumba - High Intensity - Centre 1 &amp; 2</p> <p>9:30 Watercolour Painting - Games Room</p> <p>10:00 Clogging - Centre 1</p> <p>10:00 Get Up &amp; Go Fitness - Centre 2</p> <p>10:00 English Circle of Conversation - MK Room</p> <p>11:30 Lunch program - Kitchen</p> <p>11:45 Drum Fitness - Standing - Advanced - Centre 1</p> <p>12:00 AA Meeting - MK Room</p> <p>1:00 Craft Club Social - MK Room</p> <p>1:00 Shuffleboard - Centre 2</p> <p>1:00 Social Bridge - Games Room</p> <p>1:30 Movie Afternoon - Welcome Room</p>
				<b>SATURDAY</b>
				<p>9:30 Open Circuit Workout - Centre 1 &amp; 2</p>
				<b>Winter 2019</b>