

	Monday	Tuesday	Wednesday	Thursday	Friday
9h00	Stay Fit – Seaway Mall with Lianne	Soyons Actifs (français) avec Lianne	Soyons Actifs – Groupe Ouvert avec Lianne	Soyons Actifs (français) avec Lianne	Stay Fit – Seaway with Lianne
	Keeping Balance – Welland with Leah	Keeping Balance – Open class with Leah	Keeping Balance – Welland with Leah	Keeping Balance – Open class with Leah	
10h30	Keeping Balance – Legion & Meridian with Leah	Gardez l'équilibre – Burlington/Hamilton avec Karin	Stay Fit – Open class with Lianne	Social Hour – Seaway Mall with Lianne	Stay Fit – Lookout with Lianne
	Stay Fit – Lookout with Lianne	Stay Fit – Open class with Lianne	Keeping Balance – Legion & Meridian with Leah		
11h00	Stay Fit – Open class with Anne	Keeping Balance – St Catharines & Port Colborne with Leah		Stay Fit – Niagara Falls with Anne	
				Keeping Balance – St Catharines & Port Colborne with Leah	
13h30	Stay Fit – Meridian with Anne			Stay Fit – Meridian with Anne	
14h00	Soyons Actifs – Groupe ouvert avec Lianne	Social Hour – Lookout with Lianne			Heure Sociale (français) avec Lianne
15h00	Stay Fit – Legion with Anne			Stay Fit – Legion with Anne	

