

July 6-12, 2020

Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10	Saturday July 11	Sunday July 12
<p>Backyard H.I.I.T 3 Parkgate Park <u>6:15-7:15am</u></p> <p>Cardio Kick'n It Cates <u>9-10 am</u></p> <p>Woodworking Basics Level 1 JBCC <u>9:30am-12:30pm</u></p> <p>Cardio Vista 1 Ray Perrault <u>10-11am</u></p> <p>Family Dance & Fun 2yrs+ Cates <u>10:30-11:15am</u></p> <p>Backyard L.I.I.T 2 Ray Perrault <u>11:30am -12:30pm</u></p> <p>Breathe Yoga Cates, <u>1-2pm</u></p> <p>Backyard L.I.I.T 2 Cates Park <u>6-7pm</u></p>	<p>Backyard L.I.I.T 1 Ray Perrault <u>7:30-8:30am</u></p> <p>Tennis Red Ball 6-8yrs Tennis Centre <u>9-10:55am</u></p> <p>Woodworking Basics Level 1 JBCC <u>9:30am-12:30pm</u></p> <p>Backyard L.I.I.T 1 Norseman Field <u>1-2pm</u></p> <p>Sketching in Nature Delbrook Plaza <u>4-5pm</u></p> <p>Backyard L.I.I.T 2 Ray Perrault <u>4-5pm</u></p> <p>Cardio Vista 2 William Griffin Field <u>5:30-6:30pm</u></p> <p>Breathe Yoga Ray Perrault <u>5:30-6:30pm</u></p> <p>Family Dance Sampler 5yrs+ Delbrook Plaza <u>6-7pm</u></p> <p>Woodworking with Hand Tools – A box of chopsticks JBCC <u>6:30-9:30pm</u></p>	<p>Backyard H.I.I.T 3 Parkgate Park <u>6:15-7:15am</u></p> <p>Tennis Red Ball 6-8yrs Tennis Centre <u>9-10:55am</u></p> <p>Cardio Vista 3 Ray Perrault <u>9-10am</u></p> <p>Woodworking Studio Drop-in JBCC <u>9:30am-12:30pm</u></p> <p>Cardio Vista 1 Ray Perrault <u>10:30-11:30am</u></p> <p>Breathe, Flow, Stretch Ray Perrault <u>12-1pm</u></p> <p>Sing, Dance, Act Delbrook Plaza <u>1-2:30pm</u></p> <p>Woodworking Basics Level 1* JBCC <u>6:30-9:30pm</u></p>	<p>Backyard H.I.I.T 3 Kirkstone Park <u>7:30-8:30am</u></p> <p>Tennis Red Ball 6-8yrs Tennis Centre <u>9-10:55am</u></p> <p>Backyard H.I.I.T 1 Norseman Field <u>1-2pm</u></p> <p>Woodworking Studio Drop-in JBCC <u>2:30-5:30pm</u></p> <p>Trails and Entrails 3 William Griffin Field <u>5:30-6:30pm</u></p> <p>Hip Hop 12-15yrs Kirkstone Lacrosse Box <u>4-5pm</u></p> <p>Breathe Yoga Kirkstone <u>6-7pm</u></p> <p>Tai Chi Delbrook Plaza <u>6-7pm</u></p> <p>Woodworking Basics Level 1* JBCC <u>6:30-9:30pm</u></p>	<p>Backyard L.I.I.T 2 Parkgate Park <u>7:30-8:30am</u></p> <p>Tennis Red Ball 6-8yrs Tennis Centre <u>9-10:55am</u></p> <p>Woodworking Basics Level 1* JBCC <u>9:30am-12:30pm</u></p> <p>Woodworking Studio Drop-in JBCC <u>1:30-4:30pm</u></p> <p>Cardio Kick'n It Waterfront Park <u>10:30-11:30am</u></p> <p>Family Play in the Park Series: Field Games (Family 3yrs+) Cates <u>11:00am-12:00pm</u></p> <p>Breathe Yoga Waterfront Park <u>12-1pm</u></p> <p>Sing, Dance, Act 8-12yrs Cates <u>1-2:30pm</u></p>	<p>Cardio Vista 1 Parkgate Park <u>9-10am</u></p> <p>Cardio Vista 3 Ray Perrault <u>9:30-10:30am</u></p> <p>Hand Tool Woodworking Level 1 & 2 JBCC <u>9:30am-2:45pm</u></p> <p>Family Dance & Fun 2yrs+ Ray Perrault <u>11-11:45am</u></p> <p>Woodworking Spoon Carving JBCC <u>6:30-9:30pm</u></p>	<p>Cardio Vista 1 William Griffin Field <u>11am-12pm</u></p> <p>Breathe Yoga Family William Griffin Field <u>11:30am-12:30pm</u></p> <p>Hand Tool Woodworking Level 1 JBCC <u>6:30-9:30pm</u></p>