

August

2024

L'Arche Daybreak Afternoon Virtual Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more Information	Please call Fran Johnstone 416-843-5089			1 Class cancelled	2 Class cancelled	3
4	5 Civic Holiday	6 Class cancelled	7 Class cancelled	8 Class cancelled	9 Class cancelled	10
11	12 Yoga with Shikha 2:00 – 3:00 PM	13 Stretch and Tone 2:30 – 3:15 PM	14 DrumFit 2:00 – 3:00 PM	15 DrumFit 2:00 – 3:00 PM	16 BINGO 2:00 – 3:00 PM	17
18	19 Yoga with Shikha 2:00 – 3:00 PM	20 Stretch and Tone 2:30 – 3:15 PM	21 DrumFit 2:00 – 3:00 PM	22 DrumFit 2:00 – 3:00 PM	23 BINGO 2:00 – 3:00 PM	24
25	26 Yoga with Shikha 2:00 – 3:00 PM	27 Stretch and Tone 2:30 – 3:15 PM	28 DrumFit 2:00 – 3:00 PM	29 DrumFit 2:00 – 3:00 PM	30 BINGO 2:00 – 3:00 PM	31
Payment Option #1	\$10 per class		Payment Option #2	\$125.00 month Unlimited classes		