

July

2024

L'Arche Daybreak Afternoon Virtual Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day No classes	2 Stretch and Tone With Karina 2:30 – 3:15	3 DrumFit With Fran 2:00 – 3:00 PM	4 Music with Mary Bennet 2:00 – 3:00 PM	5 BINGO 2:00 – 3:00 PM	6
7	8 Yoga with Shikha 2:00 – 3:00 PM	9 Stretch and Tone With Karina 2:30 – 3:15	10 DrumFit With Fran 2:00 – 3:00 PM	11 Music with Mary Bennet 2:00 – 3:00 PM	12 BINGO 2:00 – 3:00 PM	13
14	15 Yoga with Shikha 2:00 – 3:00 PM	16 Stretch and Tone With Karina 2:30 – 3:15	17 DrumFit With Fran 2:00 – 3:00 PM	18 Music with Mary Bennet 2:00 – 3:00 PM	19 BINGO 2:00 – 3:00 PM	20
21	22 Yoga with Shikha 2:00 – 3:00 PM	23 Stretch and Tone With Karina 2:30 – 3:15	24 DrumFit With Fran 2:00 – 3:00 PM	25 Music with Mary Bennet 2:00 – 3:00 PM	26 BINGO 2:00 – 3:00 PM	27
28	29 Yoga with Shikha 2:00 – 3:00 PM	30 Stretch and Tone With Karina 2:30 – 3:15	31 DrumFit With Fran 2:00 – 3:00 PM	For more Information	Please call Fran Johnstone 416-843-5089	
Payment Option #1	\$10 per class Billed to you At end of month		Payment Option #2	\$125.00 month Unlimited classes		