

# October

# 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 Stretch and Tone With Karina 2:30 – 3:15 PM	2 DrumFit With Fran 2:00 – 3:00 PM	3 Music with Mary Bennet 2:00 – 3:00 PM	4 BINGO 2:00 – 3:00 PM	5
6	7 Yoga with Mikenze 2:00 – 3:00 PM	8 Stretch and Tone With Karina 2:30 – 3:15 PM	9 DrumFit With Fran 2:00 – 3:00 PM	10 Music with Mary Bennet 2:00 – 3:00 PM	11 BINGO 2:00 – 3:00 PM	12
13	14 Yoga with Mikenze 2:00 – 3:00 PM	15 Stretch and Tone With Karina 2:30 – 3:15 PM	16 DrumFit With Fran 2:00 – 3:00 PM	17 Music with Mary Bennet 2:00 – 3:00 PM	18 BINGO 2:00 – 3:00 PM	19
20	21 Yoga with Mikenze 2:00 – 3:00 PM	22 Stretch and Tone With Karina 2:30 – 3:15 PM	23 DrumFit With Fran 2:00 – 3:00 PM	24 Music with Mary Bennet 2:00 – 3:00 PM	25 BINGO 2:00 – 3:00 PM	26
27	28 Yoga with Mikenze 2:00 – 3:00 PM	29 Stretch and Tone With Karina 2:30 – 3:15 PM	30 DrumFit With Fran 2:00 – 3:00 PM	31 Music with Mary Bennet 2:00 – 3:00 PM		
Payment Option #1	\$10 per class Billed to you At end of month		Payment Option #2	\$125.00 month Unlimited classes		