

Monday, November 7, 2022

Adult Jazz Group Exercise

Date and Time: Monday, November 7 7:30 pm - 8:30 pm

Address: 3 Chirs Simon Drive

MMCC Group Exercise Classes

Tuesday, November 8, 2022

Active Fit Classes

Date and Time: Tuesday, November 8 9:30 am - 10:30 am

Address: 3 Chris Simon drive

Active fit Classes

Functional Fit Classes

Date and Time: Tuesday, November 8 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Functional Fit Classes

HIIT High Intensity Interval Training

Date and Time: Tuesday, November 8 6:00 pm - 6:45 pm

Address: 3 Chris Simon Drive

HIIT High Intensity Interval Training

Wednesday, November 9, 2022

Pilates

Date and Time: Wednesday, November 9 9:30 am - 10:30 am

Address: 3 Chris Simon

Eldoa/Pilates

Date and Time: Wednesday, November 9 5:45 pm - 6:45 pm

Address: Stephanie

Yoga

Date and Time: Wednesday, November 9 7:00 pm - 8:00 pm

Address: 3 Chris Simon drive

Thursday, November 10, 2022

Drive Test

Date and Time: Thursday, November 10 8:30 am - 4:00 pm

Address: 3 Chris Simon Drive

Active Fit

Date and Time: Thursday, November 10 9:30 am - 10:30 am

Address: Miranda

Functional Fit Classes

Date and Time: Thursday, November 10 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Friday, November 11, 2022

Drive Test

Date and Time: Friday, November 11 8:30 am - 12:00 pm

Address: 3 Chris Simon Drive

Office Closure - Remembrance Day

Date and Time: Friday, November 11 8:30 am - 4:30 pm

Address: 40 Broadway Avenue

Monday, November 14, 2022

Adult Jazz Group Exercise

Date and Time: Monday, November 14 7:30 pm - 8:30 pm

Address: 3 Chirs Simon Drive

MMCC Group Exercise Classes

Tuesday, November 15, 2022

Active Fit Classes

Date and Time: Tuesday, November 15 9:30 am - 10:30 am

Address: 3 Chris Simon drive

Active fit Classes

Functional Fit Classes

Date and Time: Tuesday, November 15 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Functional Fit Classes

HIIT High Intensity Interval Training

Date and Time: Tuesday, November 15 6:00 pm - 6:45 pm

Address: 3 Chris Simon Drive

HIIT High Intensity Interval Training

Wednesday, November 16, 2022

Pilates

Date and Time: Wednesday, November 16 9:30 am - 10:30 am

Address: 3 Chris Simon

Eldoa/Pilates

Date and Time: Wednesday, November 16 5:45 pm - 6:45 pm

Address: Stephanie

Yoga

Date and Time: Wednesday, November 16 7:00 pm - 8:00 pm

Address: 3 Chris Simon drive

Thursday, November 17, 2022

Active Fit

Date and Time: Thursday, November 17 9:30 am - 10:30 am

Address: Miranda

Functional Fit Classes

Date and Time: Thursday, November 17 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Monday, November 21, 2022

Adult Jazz Group Exercise

Date and Time: Monday, November 21 7:30 pm - 8:30 pm

Address: 3 Chirs Simon Drive

MMCC Group Exercise Classes

Tuesday, November 22, 2022

Active Fit Classes

Date and Time: Tuesday, November 22 9:30 am - 10:30 am

Address: 3 Chris Simon drive

Active fit Classes

Functional Fit Classes

Date and Time: Tuesday, November 22 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Functional Fit Classes

HIIT High Intensity Interval Training

Date and Time: Tuesday, November 22 6:00 pm - 6:45 pm

Address: 3 Chris Simon Drive

HIIT High Intensity Interval Training

Wednesday, November 23, 2022

Pilates

Date and Time: Wednesday, November 23 9:30 am - 10:30 am

Address: 3 Chris Simon

Yoga

Date and Time: Wednesday, November 23 7:00 pm - 8:00 pm

Address: 3 Chris Simon drive

Thursday, November 24, 2022

Active Fit

Date and Time: Thursday, November 24 9:30 am - 10:30 am

Address: Miranda

Functional Fit Classes

Date and Time: Thursday, November 24 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Monday, November 28, 2022

Adult Jazz Group Exercise

Date and Time: Monday, November 28 7:30 pm - 8:30 pm

Address: 3 Chirs Simon Drive

MMCC Group Exercise Classes

Tuesday, November 29, 2022

Active Fit Classes

Date and Time: Tuesday, November 29 9:30 am - 10:30 am

Address: 3 Chris Simon drive

Active fit Classes

Functional Fit Classes

Date and Time: Tuesday, November 29 2:00 pm - 3:00 pm

Address: 3 Chris Simon Drive

Functional Fit Classes

HIIT High Intensity Interval Training

Date and Time: Tuesday, November 29 6:00 pm - 6:45 pm

Address: 3 Chris Simon Drive

Wednesday, November 30, 2022

Pilates

Date and Time: Wednesday, November 30 9:30 am - 10:30 am

Address: 3 Chris Simon

Eldoa/Pilates

Date and Time: Wednesday, November 30 5:45 pm - 6:45 pm

Address: Stephanie

Yoga

Date and Time: Wednesday, November 30 7:00 pm - 8:00 pm

Address: 3 Chris Simon drive

<https://calendar.wawa.cc>