



Off-Ice Fitness Dates Fall 2018

	Sunday Yoga with Kastine Coleman at the Old City Hall Building	Monday Sessions with Daniel Degrace at the Civic Centre	Location	Thursday Sessions with Daniel Degrace at the Civic Centre	Location
Session #1	September 9th	September 10th	Court #1	September 13th	Main Concourse
Session #2	September 16th	September 17th	Studio lobby	September 20th	Main Concourse
Session #3	September 23rd	September 24th	Studio lobby	September 27th	Main Concourse
Session #4	September 30th	October 1st	Studio lobby	October 4th	Main Concourse



Off-Ice Fitness Dates Winter 2018/19

	Sunday Yoga with Kastine Coleman at the Old City Hall Building	Monday Sessions with Daniel Degrace at the Civic Centre	Location	Thursday Sessions with Daniel Degrace at the Civic Centre	Location
Session #1	October 28th	October 29th	Studio Lobby	November 1st	Meeting Room #1
Session #2	November 4th	November 5th	Meeting Room #1	November 8th	Meeting Room #1
Session #3	November 18th	November 19th	Canada House Proper	November 22nd	Space off elevator by Canada House
Session #4	November 25th	November 26th	Studio Lobby	November 29th	Studio Lobby
Session #5	December 9th	December 10th	Court #1	December 13th	Main Concourse
Session #6	January 6th	January 7th	Court #1	January 10th	Court #1
Session #7	January 13th	January 14th	Studio Lobby	January 17th	Studio Lobby
Session #8	January 27th	January 28th	Studio Lobby	January 31st	Studio Lobby
Session #9	February 3rd	February 4th	Studio Lobby	February 7th	Court #1
Session #10	February 24th	February 25th	Stu	February 28th	Studio Lobby
Session #11	March 3rd	March 4th	Studio Lobby	March 7th	Studio Lobby
Session #12	March 10th	March 11th	Studio Lobby	March 14th	Studio Lobby
Session #13	March 24th	March 25th	Studio Lobby	March 28th	Studio Lobby



Session #14	April 7th	April 8th	Court #1	April 11th	Court #1
-------------	-----------	-----------	----------	------------	----------

Off-Ice Fitness Dates Spring 2019

	Sunday Yoga with Kastine Coleman at the Old City Hall Building	Monday Sessions with Daniel Degrace at the Civic Centre	Location	Thursday Sessions with Daniel Degrace at the Civic Centre	Location
Session #1	April 28th	April 29th	Court #1	May 2nd	Court #1
Session #2	May 5th	May 6th	Court #1	May 9th	Court #1
Session #3	May 12th	May 13th	Court #1	May 16th	Main Concourse
Session #4	May 26th	May 27th	Court #1	May 30th	Court #1