



Generated April 24, 2024

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12:00 QSWC Temporarily Closed Until Further Notice 12:00 National Youth Week (May 1-7, 2021) 12:01 National Youth Week (May 1-7, 2021)
2 12:00 National Youth Week (May 1-7, 2021) 12:00 QSWC Temporarily Closed Until Further Notice	3 12:00 QSWC Temporarily Closed Until Further Notice 12:00 National Youth Week (May 1-7, 2021) 9:15 Gentle Pilates (Zoom, 50+) 10:45 Strong Seniors (Zoom, 50+) 5:15 Yoga Fit (Zoom Class) 6:30 Yoga Fit (Zoom Class)	4 12:00 National Youth Week (May 1-7, 2021) 10:15 Older Adult Yoga (Zoom Class) 5:00 Hatha Flow Yoga (Zoom Class)	5 12:00 National Youth Week (May 1-7, 2021) 9:30 Stretch and Balance Fit (Zoom Class) 11:00 Chair Yoga (Zoom Class) 11:00 Strong Seniors (Zoom, 50+) 1:30 Fun On The Phone! 5:00 Yoga Fit (Zoom Class)	6 12:00 National Youth Week (May 1-7, 2021) 10:15 Older Adult Yoga (Zoom Class) 10:30 Stretch and Strengthen (Zoom Class) 1:00 Learn & Create Series - Cooking with Chef Jesse (Zoom) 5:15 Zumba (Zoom Class)	7 12:00 National Youth Week (May 1-7, 2021) 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class)	8
9	10 9:15 Gentle Pilates (Zoom, 50+) 10:45 Strong Seniors (Zoom, 50+) 5:15 Yoga Fit (Zoom Class)	11	12 9:30 Stretch and Balance Fit (Zoom Class) 11:00 Strong Seniors (Zoom, 50+) 11:00 Chair Yoga (Zoom Class) 1:30 Fun On The Phone! 5:00 Yoga Fit (Zoom Class)	13 10:15 Older Adult Yoga (Zoom Class) 10:30 Stretch and Strengthen (Zoom Class) 5:15 Zumba (Zoom Class)	14 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class)	15

			Class)			
16	17 9:15 Gentle Pilates (Zoom, 50+) 5:15 Yoga Fit (Zoom Class)	18	19 9:30 Stretch and Balance Fit (Zoom Class) 11:00 Strong Seniors (Zoom, 50+) 11:00 Chair Yoga (Zoom Class) 1:30 Fun On The Phone! 5:00 Yoga Fit (Zoom Class)	20 10:15 Older Adult Yoga (Zoom Class) 10:30 Stretch and Strengthen (Zoom Class) 5:15 Zumba (Zoom Class)	21 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class)	22
23	24	25 8:30 Spring 'B' Registration (City Taxpayers)	26 1:30 Fun On The Phone!	27 8:30 Spring 'B' Registration (Non-City Taxpayers)	28	29
30	31 9:15 Strong Seniors (50+) - Zoom 5:15 Yoga Fit (Zoom Class)					

<https://calendar.quintesportsandwellnesscentre.ca>