



Activities for adults

2023-2024

MORNING

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRX 6:30 – 7:30 a.m. Davies Chalet		TRX 6:30 – 7:30 a.m. Davies Chalet			
Yogalates 9 – 10 a.m. Town Hall	Barre 8:30–9:30 a.m. Music Room		Stretching 8:30 – 9:30 a.m. Music Room	TRX 9:00–10:00 a.m. Davies Chalet	Step & Pump 9:00 –10:00 a.m. Assembly Hall
Essentrics Aging Backwards 9:30–10:30 a.m. Assembly Hall	70+ Fitness 10:00–11:00 a.m. Assembly Hall	Essentrics Aging Backwards 9:30–10:30 a.m. Assembly Hall	70+ Fitness 10:00–11:00 a.m. Assembly Hall	Barre 9:00–10:00 a.m. Music Room	CIRCL Mobility 10:00 –11:00 a.m. Assembly Hall
Adult Balance 10:45–11:45 a.m. Music Room	Mah Jongg 10:30 – 12:30 p.m. Community Center	Essentrics for men 10:45–11:45 a.m. Assembly Hall			Essentrics 10:30 –11:30 a.m. Assembly Hall
		Adult Balance 10:45–11:45 a.m. Music Room			
Yoga for Stiff Men 6:45 – 7:45 p.m. Curling Club	Stretching 5:50 – 6:50 p.m. Music Room	Yoga for Stiff Men 6:45 – 7:45 p.m. Curling Club	Stretching 5:50 – 6:50 p.m. Music Room		
Essentrics 7:00 – 8:00 p.m. Community Centre	Reach 7:00 – 8:00 p.m. Assembly Hall	Essentrics 6:45 – 7:45 p.m. Music Room	Reach 7:00 – 8:00 p.m. Assembly Hall		
TRX 7:00 – 8:00 p.m. Davies Chalet	Step & Pump 7:15 – 8:15 p.m. Royal West	Yogalates 7:05 – 8:05 p.m. Town Hall			
Pickup Tennis & Pickelball 7:00 p.m. Royal West	Warrior workout 7:15 – 8:15 p.m. Royal West		Meditation 7:00 – 8:00 p.m. Community Centre	Pickup Tennis & Pickelball 7:00 p.m. Royal West	
Yogalates 7:05 – 8:05 p.m. Town Hall					
	Gentle Yoga 7:45 – 8:45 p.m. Town Hall		Gentle Yoga 7:45 – 8:45 p.m. Town Hall		






Activities for children ★

Activities for parents and children ★

2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>Pre-ballet</div> <div>9:00 – 9:45 a.m.</div> <div>Music Room</div>
					<div>Captain Catalyst</div> <div>(4-6)</div> <div>9:30 – 10:30 a.m.</div> <div>Davies Chalet</div>
					<div>Ballet (5-6)</div> <div>9:50 – 10:35 a.m.</div> <div>Music Room</div>
<div>Music With Shawny</div> <div>(6-18 months)</div> <div>11 – 11:30 a.m.</div> <div>Community Center</div>	<div>Mom and Baby</div> <div>workout</div> <div>11 – 11:55 a.m.</div> <div>Assembly Hall</div>				<div>Ballet (7-8)</div> <div>10:40 – 11:40 a.m.</div> <div>Music Room</div>
<div>Music With Shawny</div> <div>(18 months +)</div> <div>11:30 a.m. – 12 p.m.</div> <div>Community Center</div>					<div>Captain Catalyst</div> <div>(7-9)</div> <div>10:45 – 11:45 a.m.</div> <div>Davies Chalet</div>
					<div>Parent & Child Yoga</div> <div>1:00 – 1:45 p.m.</div> <div>Music Room</div>
					<div>Intro to Dungeons & Dragons (7-9)</div> <div>1:00 – 2:30 p.m.</div> <div>Community Center</div>
			<div>Ballet (5-6)</div> <div>5:00 – 5:45 p.m.</div> <div>Music Room</div>		<div>Intro to Dungeons & Dragons (10-12)</div> <div>3:00 – 4:30 p.m.</div> <div>Community Center</div>
	<div>Pre-ballet</div> <div>4:45 – 5:30 p.m.</div> <div>Music Room</div>		<div>Intro to Racket sports (6-10)</div> <div>6:45 – 7:40 p.m.</div> <div>Royal West Academy</div>		<div>Intro to Dungeons & Dragons (13+)</div> <div>5:00 – 6:30 p.m.</div> <div>Community Center</div>
			<div>Intro to Racket Sports (11+)</div> <div>7:45 – 8:40 p.m.</div> <div>Royal West Academy</div>		<div></div> <div>www.montreal-west.ca</div>