

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 - 10:30 AM: Aerobics* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ☯	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:30 PM: Balancing Blood Sugars (Workshop) ▲	11:00 AM - 12:00 PM: Fireside Info Session
1:30 - 2:30 PM: Restorative Yoga* ■	5:00 - 5:30 PM: Gratitude Meditation ☯		5:00 - 6:00 PM: Fireside Info Session	
3:00 - 4:00 PM: Fireside Info Session	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■		7:00 - 7:45 PM: Guided Meditation ☯	
8	9	10	11	12
9:30 - 10:30 AM: Aerobics* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	Statutory Holiday No classes	9:30 - 10:30 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ☯	11:00 AM - 12:30 PM: Inspired Conversations: The Emotional Impact of Cancer ●	1:30 - 2:45 PM: Gentle Yoga* ■		11:00 AM - 12:00 PM: Fireside Info Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■			
3:00 - 4:00 PM: Fireside Info Session	5:00 - 5:30 PM: Gratitude Meditation ☯			
	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■			
15	16	17	18	19
9:30 - 10:30 AM: Aerobics* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ☯	11:00 AM - 12:30 PM: Inspired Conversations: Introduction to Mindfulness ●	1:30 - 2:45 PM: Gentle Yoga* ■	11:00 AM - 12:30 PM: Lymphedema Info Session	11:00 AM - 12:00 PM: Fireside Info Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■		1:00 - 2:00 PM: Nutritious Baked Goods (Cooking Class) ▲	
3:00 - 4:00 PM: Fireside Info Session	5:00 - 5:30 PM: Gratitude Meditation ☯		5:00 - 6:00 PM: Fireside Info Session	
	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■		7:00 - 7:45 PM: Guided Meditation ☯	
22	23	24	25	26
	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ☯	11:00 AM - 12:30 PM: Inspired Conversations: Navigating Change, Grief & Loss ●	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:30 PM: Cancer-Protective Nutrition (Workshop) ▲	11:00 AM - 12:00 PM: Fireside Info Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■		5:00 - 6:00 PM: Fireside Info Session	
3:00 - 4:00 PM: Fireside Info Session	5:00 - 5:30 PM: Gratitude Meditation ☯			
	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■			
29	30			
	9:30 - 10:30 AM: Group Strength & Stretch* ■			
11:00 AM - 12:00 PM: Mindfulness Meditation ☯	11:00 AM - 12:30 PM: Inspired Conversations: Building Resilience ●			
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■			
3:00 - 4:00 PM: Fireside Info Session	5:00 - 5:30 PM: Gratitude Meditation ☯			
5:30 - 7:00 PM: Self-Care for Support People ●	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■			
▲ Nutrition	■ Exercise (Pre-consultation required)	● Self Care Workshop	◆ Physician Session	☯ Stress Reduction
LOWER MAINLAND VANCOUVER 604.734.7125 #200 - 1330 West 8th Ave.	VANCOUVER ISLAND VICTORIA 250.595.7125 #212 - 2187 Oak Bay Ave.	SOUTHERN INTERIOR KELOWNA 250.861.7125 #204 - 1740 Gordon Dr.	ONLINE PROGRAMS AND SERVICES https://www.inspirehealth.ca	

