

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30 am Health Club 7:30 am Strength and Condition 8:45 am Stretch and Tone 10:00 am Public Skate 5:30 pm Blast Class 6:15 pm Evening Yoga	2 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 1:00 pm Pickleball Drop In 5:30 pm Blast Class	3 5:30 am Health Club 9:00 am 20/20/20 Fitness Class 10:00 am Public Skate 10:15 am Pilates 1:00 pm Pickleball Drop In	4 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate	5 8:00 am Health Club 9:00 am Open House and Fly Day, Tillsonburg Airport
6 8:00 am Health Club 1:15 pm Public Skate	7 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 4:00 pm Parent and Tot Skate 6:00 pm Badminton Drop In 6:30 pm Blast Class	8 5:30 am Health Club 7:30 am Strength and Condition 8:45 am Stretch and Tone 9:30 am Pickleball Drop In 10:00 am Public Skate 5:30 pm Blast Class 6:15 pm Evening Yoga	9 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 1:00 pm Pickleball Drop In 5:30 pm Blast Class	10 5:30 am Health Club 8:00 am The Future of Business Summit: Using AI and Digital Marketing for Growth 9:00 am 20/20/20 Fitness Class 10:00 am Public Skate 10:15 am Pilates 12:00 pm "Thanksgiving Luncheon" 1:00 pm Pickleball Drop In	11 5:30 am Health Club 7:00 am PA Day Camp 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate	12 8:00 am Health Club
13 8:00 am Health Club 1:15 pm Public Skate	14 12:00 am Community Centre CLOSED	15 5:30 am Health Club 7:30 am Strength and Condition 8:45 am Stretch and Tone 9:30 am Pickleball Drop In 10:00 am Public Skate 5:30 pm Blast Class 6:15 pm Evening Yoga	16 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 1:30 pm "Flowers and Leaves Printing on Fabric with Stella Jurgen" 5:30 pm Blast Class	17 5:30 am Health Club 9:00 am 20/20/20 Fitness Class 10:00 am Public Skate 10:15 am Pilates 1:00 pm Pickleball Drop In	18 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate	19 8:00 am Health Club 10:00 am CHAA Monthly Member's Meeting – Welcome Centre
20 8:00 am Health Club 1:00 pm Book Launch: "Pursuing	21 5:30 am Health Club 9:00 am Morning Fitness	22 5:30 am Health Club 7:30 am Strength and Condition	23 5:30 am Health Club 9:00 am Morning Fitness	24 5:30 am Health Club 9:00 am 20/20/20 Fitness Class	25 5:30 am Health Club 9:00 am Morning Fitness	26 8:00 am Health Club 9:00 am

<p>Play: Women's Leisure in Small-Town Ontario, 1870-1914"</p> <p>1:15 pm Public Skate</p>	<p>10:15 am Morning Yoga</p> <p>4:00 pm Parent and Tot Skate</p> <p>6:00 pm Badminton Drop In</p> <p>6:30 pm Blast Class</p>	<p>8:45 am Stretch and Tone</p> <p>9:30 am Pickleball Drop In</p> <p>10:00 am Public Skate</p> <p>5:30 pm Blast Class</p> <p>6:15 pm Evening Yoga</p>	<p>10:15 am Morning Yoga</p> <p>1:00 pm Pickleball Drop In</p> <p>5:30 pm Blast Class</p>	<p>10:00 am Public Skate</p> <p>10:15 am Pilates</p> <p>1:00 pm "Tillsonburg Mausoleum Walking Tour"</p> <p>1:00 pm Pickleball Drop In</p>	<p>10:15 am Morning Yoga</p> <p>3:30 pm Public Skate</p> <p>6:00 pm Friday Fun Night (8-12yrs)</p>	<p>Kidproof Babysitting Course</p> <p>1:00 pm "Tillsonburg Mausoleum Walking Tour"</p>
<p>27</p> <p>8:00 am Health Club</p> <p>1:15 pm Public Skate</p>	<p>28</p> <p>5:30 am Health Club</p> <p>9:00 am Morning Fitness</p> <p>10:15 am Morning Yoga</p> <p>4:00 pm Parent and Tot Skate</p> <p>6:00 pm Badminton Drop In</p> <p>6:30 pm Blast Class</p>	<p>29</p> <p>5:30 am Health Club</p> <p>7:30 am Strength and Condition</p> <p>8:45 am Stretch and Tone</p> <p>9:30 am Pickleball Drop In</p> <p>10:00 am Public Skate</p> <p>5:30 pm Blast Class</p> <p>6:15 pm Evening Yoga</p>	<p>30</p> <p>5:30 am Health Club</p> <p>9:00 am Morning Fitness</p> <p>10:15 am Morning Yoga</p> <p>1:00 pm Pickleball Drop In</p> <p>5:30 pm Blast Class</p>	<p>31</p> <p>5:30 am Health Club</p> <p>9:00 am 20/20/20 Fitness Class</p> <p>10:00 am Public Skate</p> <p>10:15 am Pilates</p> <p>1:00 pm Pickleball Drop In</p> <p>4:00 pm "Trick or Treat at Annandale NHS"</p>		

<https://events.tillsonburg.ca>