

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate	2 8:00 am Health Club
3 8:00 am Health Club 1:15 pm Public Skate	4 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 Basketball Drop In 6:30 pm Blast Class	5 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	6 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	7 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	8 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate	9 8:00 am Health Club
10 8:00 am Health Club 1:15 pm Public Skate	11 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 Basketball Drop In 6:30 pm Blast Class	12 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	13 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 1:00 pm Pickleball Drop In 1:30 pm "Ornament Making Workshop" 5:30 pm Blast Class 6:30 pm "Ornament Making Workshop"	14 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	15 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 5:30 pm Friday Fun Night (4-7yrs)	16 8:00 am Health Club 10:00 am CHAA Monthly Member's Meeting – Welcome Centre
17 8:00 am Health Club 1:15 pm Public Skate	18 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 Basketball Drop In 6:30 pm Blast Class	19 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	20 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	21 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	22 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate 7:00 pm "Tree Lighting on the Lawn"	23 8:00 am Health Club 10:00 am "Christmas Open House"

		6:15 pm Evening Yoga			7:00 pm “Christmas Open House”
24 8:00 am Health Club 1:00 pm “Christmas Open House” 1:15 pm Public Skate	25 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 Basketball Drop In 6:30 pm Blast Class	26 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	27 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	28 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	29 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate

<https://events.tillsonburg.ca>