

NOVEMBER



2	3 9:15 am - Ball Exercise East - Family Room West - Parkview	4 9:15 am - Strengthening East - Family Room West - Parkview	5 9:15 am - Soccer	6 9:15 am - Senior Circuit East - Family Room West - Parkview	7 9:15 am - Posture + Core East - Family Room West- Parkview	8
9	10 9:15 am - Ball Exercise East - Family Room West - Parkview	11 Remembrance Day 9:15 am - Strengthening East - Family Room West - Parkview	12 9:15 am - Volleyball	13 9:15 am - Senior Circuit East - Family Room West - Parkview	14 9:15 am - Posture + Core West - Parkview	15 9:15 am - Posture + Core East - Family Room
16 9:15 am - Ball Exercise East - Family Room	17 9:15 am - Ball Exercise West - Parkview	18 9:15 am - Strengthening East - Family Room West - Parkview	19 9:15 am - Soccer	20 9:15 am - Senior Circuit East - Family Room West - Parkview	21 9:15 am - Posture + Core East - Family Room West - Parkview	22
23	24 9:15 am - Ball Exercise East - Family Room West - Parkview	25 9:15 am - Strengthening East - Family Room West - Parkview	26 9:15 am - Volleyball	27 9:15 am - Senior Circuit East - Family Room West - Parkview	28 9:15 am - Posture + Core East - Family Room West - Parkview	29