



September 2026

The Village of Ridgeview Court



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 MUSIC & MOTION (KEL-PAL) 1 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 SIT N GET FIT (NASS-PHYSIO)	11:00 SIT N GET FIT (AUB-PHYSIO) 2	11:00 SIT N GET FIT (ESQ-PHYSIO) 3 11:00 SIT N GET FIT (OM-PHYSIO) 3:00 MUSIC & MOTION (KEL-PAL)	11:00 SIT N GET FIT (ESQ-PHYSIO) 4 11:00 SIT N GET FIT (BOY-PHYSIO)	5
6	7	10:00 MUSIC & MOTION (KEL-PAL) 8 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 SIT N GET FIT (NASS-PHYSIO) 11:00 MUSIC & MOTION (OM-PAL)	11:00 MUSIC & MOTION (BOY-PAL) 9 11:00 SIT N GET FIT (AUB-PHYSIO)	11:00 MUSIC & MOTION (NASS-PAL) 10 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 SIT N GET FIT (OM-PHYSIO) 3:00 MUSIC & MOTION (KEL-PAL)	11:00 SIT N GET FIT (ESQ-PHYSIO) 11 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	12
13	11:00 SIT N GET FIT (OM-PHYSIO) 14 11:00 MUSIC & MOTION (ESQ-PAL) 11:00 SIT N GET FIT (AUB-PHYSIO) 3:00 SIT N GET FIT (NASS-PAL)	10:00 MUSIC & MOTION (KEL-PAL) 15 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 SIT N GET FIT (NASS-PHYSIO) 11:00 MUSIC & MOTION (OM-PAL)	11:00 MUSIC & MOTION (BOY-PAL) 16 11:00 SIT N GET FIT (AUB-PHYSIO)	11:00 MUSIC & MOTION (NASS-PAL) 17 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 SIT N GET FIT (OM-PHYSIO) 3:00 MUSIC & MOTION (KEL-PAL)	11:00 SIT N GET FIT (ESQ-PHYSIO) 18 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	19
20	11:00 SIT N GET FIT (OM-PHYSIO) 21 11:00 MUSIC & MOTION (ESQ-PAL) 11:00 SIT N GET FIT (AUB-PHYSIO) 3:00 SIT N GET FIT (NASS-PAL)	10:00 MUSIC & MOTION (KEL-PAL) 22 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 SIT N GET FIT (NASS-PHYSIO) 11:00 MUSIC & MOTION (OM-PAL)	11:00 MUSIC & MOTION (BOY-PAL) 23 11:00 SIT N GET FIT (AUB-PHYSIO)	11:00 MUSIC & MOTION (NASS-PAL) 24 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 SIT N GET FIT (OM-PHYSIO) 3:00 MUSIC & MOTION (KEL-PAL)	11:00 SIT N GET FIT (ESQ-PHYSIO) 25 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	26
27	11:00 SIT N GET FIT (OM-PHYSIO) 28 11:00 MUSIC & MOTION (ESQ-PAL) 11:00 SIT N GET FIT (AUB-PHYSIO) 3:00 SIT N GET FIT (NASS-PAL)	10:00 MUSIC & MOTION (KEL-PAL) 29 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 SIT N GET FIT (NASS-PHYSIO) 11:00 MUSIC & MOTION (OM-PAL)	11:00 MUSIC & MOTION (BOY-PAL) 30 11:00 SIT N GET FIT (AUB-PHYSIO)			