

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				11:00 MUSIC & MOTION (NASS-PAL) 1 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) 2 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	3
4	10:30 SUN N STRETCH (COURTYARD) 5 11:00 SIT N GET FIT (OM-PHYSIO) 11:00 MUSIC & MOTION (ESQ-PAL) 11:00 SIT N GET FIT (AUB-PHYSIO) 3:00 SIT N GET FIT (NASS-PAL) 3:00 SUN N STRETCH (COURTYARD)	10:00 MUSIC & MOTION (KEL-PAL) 6 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 SIT N GET FIT (NASS-PHYSIO) 11:00 MUSIC & MOTION (OM-PAL) 11:00 AUTUMN BURN CIRCUIT (FITNESS CENTRE)	11:00 MUSIC & MOTION (BOY-PAL) 7 11:00 SIT N GET FIT (AUB-PHYSIO) 11:00 TURKEY HUNT (FITNESS CENTRE)	10:30 APPLE TOSS (FITNESS CENTRE) 8 11:00 MUSIC & MOTION (NASS-PAL) 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 SIT N GET FIT (OM-PHYSIO) 3:00 MUSIC & MOTION (KEL-PAL) 3:00 APPLE TOSS (FITNESS CENTRE)	11:00 SIT N GET FIT (ESQ-PHYSIO) 9 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 1:30 Young at Heart Painting 2:00 HARVEST HOLE (FITNESS CENTRE)	10
2:00 PUMPKIN BOWLING (FITNESS CENTRE) 11	11:00 SIT N GET FIT (OM-PHYSIO) 12 11:00 SIT N GET FIT (AUB-PHYSIO)	10:00 MUSIC & MOTION (KEL-PAL) 13 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) 14 11:00 SIT N GET FIT (AUB-PHYSIO)	11:00 MUSIC & MOTION (NASS-PAL) 15 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) 16 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	17
18	11:00 SIT N GET FIT (OM-PHYSIO) 19 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) 20 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) 21 11:00 SIT N GET FIT (AUB-PHYSIO)	11:00 MUSIC & MOTION (NASS-PAL) 22 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) 23 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	24
25	11:00 SIT N GET FIT (OM-PHYSIO) 26 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) 27 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) 28 11:00 SIT N GET FIT (AUB-PHYSIO)	11:00 MUSIC & MOTION (NASS-PAL) 29 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) 30 11:00 SIT N GET FIT (BOY-PHYSIO) 11:00 MUSIC & MOTION (AUB-PAL) 3:30 Specialized Exercise Class	31