

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindful Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p>	<p>2</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:00 pm: Cancer Nutrition 101</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>3</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Spirit & Well-being</p> <p> 1:30–2:45 pm: Gentle Yoga</p>	<p>4</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:30 pm: Sexual Well-Being & Cancer</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>5</p> <p> 9:30–10:45 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>8</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindful Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p>	<p>9</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11 am–12 pm: Normalizing Emotional Eating</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>10</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>11</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11 am–12:30 pm: Lymphedema Session</p> <p> 1:00–2:30 pm: Cooking Class: Flavourful Salads</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>12</p> <p> 9:30–10:45 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>15</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindful Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p>	<p>16</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11 am–12 pm: Managing Taste & Smell Changes During Treatment</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>17</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Intro to Self-Compassion Part 1</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>18</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:30 pm: Breast Cancer Surgery Education Session</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>19</p> <p> 9:30–10:45 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>22</p> <p>Victoria Day – InspireHealth Closed</p>	<p>23</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:00 pm: Balancing Blood Sugars</p> <p> 1:00–2:00 pm: Creating Through Cancer</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>24</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Intro to Self-Compassion Part 2</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>25</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 1:00–2:30 pm: Cooking to Support Bone Health</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>26</p> <p> 9:30–10:45 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>29</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindful Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p> <p> 5:00–6:00 pm: Pelvic Floor</p> <p> 5:30–7:00 pm: Self-Care Workshop for Support People</p>	<p>30</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:00 pm: Cancer-Protective Nutrition</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>31</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Yoga & Art</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p><i>*Individualized exercise assessments are provided prior to class attendance.</i></p>	

