

May 2024

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|--|
|  |  |  | 1<br>8:30 am Toddler Time<br>12:10 pm High-Low Fit with Rachel<br>3:30 pm Move With Me<br>7:30 pm Chill Hips & Hamstrings with Matty | 2<br>9:00 am Summer 2024 Student Orientation - Day 1<br>12:10 pm Core Power 40 with Priscilla<br>4:30 pm Teen Weight Trainer<br>5:00 pm Full Body Burn W/Taylor<br>7:30 pm Spring Yoga Flow with Nexcy           | 3<br>9:00 am Toddler Time<br>9:00 am Summer 2024 Student Orientation - Day 2<br>12:10 pm High-Low Fit with Rachel<br>6:00 pm Canada, NORAD, and the Shifting World Order | 4<br>10:00 am Active Yoga with Andrea<br>11:30 am Zumba Mix with Karin   |
| 5<br>12:00 pm E-Sports Birthday Party<br>3:00 pm E-Sports Birthday Party   | 6<br>12:00 am National Nurses Week<br>12:10 pm 40-min Yoga Fix with Andrea<br>6:30 pm Zumba with Karin | 7<br>12:00 am National Nurses Week<br>9:00 am Toddler Time<br>12:10 pm Rhythm Ride 40 with Priscilla<br>5:00 pm Full Body Burn W/ Taylor | 8<br>12:00 am National Nurses Week<br>12:10 pm High-Low Fit with Rachel<br>7:30 pm Chill Hips & Hamstrings with Matty                | 9<br>12:00 am National Nurses Week<br>9:00 am Toddler Time<br>12:10 pm Core Power 40 with Priscilla<br>5:00 pm Full Body Burn W/Taylor<br>5:00 pm Full Body Burn W/Taylor<br>7:30 pm Spring Yoga Flow with Nexcy | 10<br>12:00 am National Nurses Week<br>10:00 am Convocation 2024<br>12:10 pm High-Low Fit with Rachel  | 11<br>12:00 am National Nurses Week<br>10:00 am Active Yoga with Andrea<br>11:10 am 2024 Keyano Alumni BBQ<br>11:30 am Zumba Mix with Karin<br>12:00 pm E-Sports Birthday Party (12:00 - 2:30 pm)<br>3:00 pm E-Sports Birthday Party |
| 12<br>12:00 am National Nurses Week<br>12:00 pm Teen Weight Trainer<br>12:00 pm E-Sports Birthday Party<br>3:00 pm E-Sports Birthday Party | 13<br>8:30 am Toddler Time<br>12:10 pm 40-min Yoga Fix with Andrea<br>6:30 pm Zumba with Karin         | 14<br>8:30 am Toddler Time<br>12:10 pm Rhythm Ride 40 with Priscilla<br>5:00 pm Full Body Burn W/ Taylor                                 | 15<br>12:10 pm High-Low Fit with Rachel<br>7:30 pm Chill Hips & Hamstrings with Matty  | 16<br>8:30 am Toddler Time<br>12:10 pm Core Power 40 with Priscilla<br>4:30 pm Teen Weight Trainer<br>5:00 pm Full Body Burn W/Taylor<br>7:30 pm Spring Yoga Flow with Nexcy                                     | 17<br>9:00 am Toddler Time<br>12:10 pm High-Low Fit with Rachel  | 18<br>12:00 pm E-Sports Birthday Party (12:00 - 2:30 pm)<br>3:00 pm E-Sports Birthday Party  |
| 19<br>12:00 pm E-Sports  | 20<br>12:00 am College   | 21<br>8:30 am Toddler  | 22<br>8:30 am Toddler  | 23<br>12:10 pm Core  | 24<br>12:10 pm High-Low  | 25<br>10:00 am   |

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| Birthday Party<br>3:00 pm E-Sports Birthday Party   | Closed: Victoria Day<br>12:00 am Library Closed<br>9:00 am Toddler Time                        | Time<br>12:10 pm Rhythm Ride 40 with Priscilla<br>5:00 pm Full Body Burn W/ Taylor<br>7:30 pm Yoga and Sound Bowl Healing | Time<br>12:10 pm High-Low Fit with Rachel<br>7:30 pm Chill Hips & Hamstrings with Matty   | Power 40 with Priscilla<br>5:00 pm Full Body Burn W/Taylor<br>7:30 pm Spring Yoga Flow with Nexcy                     | Fit with Rachel                         | Active Yoga with Andrea<br>10:00 am KESA Market<br>11:30 am Zumba Mix with Karin<br>12:00 pm E-Sports Birthday Party (12:00 - 2:30 pm)<br>3:00 pm E-Sports Birthday Party |
| 26<br>12:00 pm E-Sports Birthday Party<br>12:00 pm Teen Weight Trainer<br>3:00 pm E-Sports Birthday Party | 27<br>8:30 am Toddler Time<br>12:10 pm 40-min Yoga Fix with Andrea<br>6:30 pm Zumba with Karin | 28<br>8:30 am Toddler Time<br>12:10 pm Rhythm Ride 40 with Priscilla<br>5:00 pm Full Body Burn W/ Taylor                  | 29<br>8:30 am Toddler Time<br>12:10 pm High-Low Fit with Rachel<br>1:00 pm Building Personal Wealth with TD Wealth Financial Planning<br>7:30 pm Chill Hips & Hamstrings with Matty | 30<br>12:10 pm Core Power 40 with Priscilla<br>5:00 pm Full Body Burn W/Taylor<br>7:30 pm Spring Yoga Flow with Nexcy | 31<br>12:10 pm High-Low Fit with Rachel |   |

<https://calendar.keyano.ca>