

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  12:10 pm Cycle Strength with Priscilla  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	2  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  3:00 pm Playful Paws Session 2 (Wednesdays)  5:15 pm Yoga & Weights	3  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	4	5  10:00 am Flow & Restore Yoga  12:00 pm Fitness Centre closed for Gala
6  12:00 am Fitness Centre closed for Gala  7:00 pm STRONG & Stretch	7  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  12:10 pm POUND Rockout with Amy  6:30 pm Zumba with Karin	8  12:00 pm Research Refresher: Education  12:10 pm Cycle Strength with Priscilla  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)  8:00 pm THE PIANO MEN - STARRING JIM WITTER	9  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  8:00 am Toddler Time  3:00 pm Playful Paws Session 2 (Wednesdays)  5:15 pm Yoga & Weights	10  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	11  8:00 am Holiday Hours  8:30 am Library Closed	12
13	14  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  8:00 am Toddler Time  12:10 pm POUND Rockout with Amy  6:30 pm Zumba with Karin	15  9:00 am Toddler Time  12:10 pm Cycle Strength with Priscilla  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	16  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  8:00 am Toddler Time  3:00 pm Playful Paws Session 2 (Wednesdays)  5:15 pm Yoga & Weights	17  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	18	19  8:00 am Critical Elements of Customer Service
20  8:00 am Critical Elements of Customer Service  7:00 pm STRONG & Stretch	21  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  8:00 am Toddler Time  12:10 pm POUND Rockout with Amy  6:30 pm Zumba with Karin	22  9:00 am Toddler Time  12:10 pm Cycle Strength with Priscilla  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	23  6:00 am AEP Training - Fall Session 2 (Mon & Wed)  8:00 am Toddler Time  3:00 pm Playful Paws Session 2 (Wednesdays)  4:30 pm Toddler Time  5:15 pm Yoga & Weights	24  5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	25  8:00 am Roll With It	26  10:00 am Flow & Restore Yoga

27	28	29	30			
7:00 pm STRONG & Stretch 7:30 pm TERRI CLARK - IT'S CHRISTMAS...CHEERS!	6:00 am AEP Training - Fall Session 2 (Mon & Wed) 8:00 am Toddler Time 12:10 pm POUND Rockout with Amy 6:30 pm Zumba with Karin 8:15 pm Disc Golf	12:10 pm Cycle Strength with Priscilla 5:30 pm AEP Training - Fall Session 2 (Tues-Thurs)	6:00 am AEP Training - Fall Session 2 (Mon & Wed) 8:00 am Toddler Time 3:00 pm Playful Paws Session 2 (Wednesdays) 4:30 pm Toddler Time 5:15 pm Yoga & Weights			

<https://calendar.keyano.ca>