

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <b>November 2018</b>				1 All Saints Day	2	3
4	5	6	7	8		
11 Remembrance Day  10:00am Mass (C)	12  2:00pm Stretch & Tone (F)	13  9:15am Sit to be Fit (F)  10:00am Daily Mass (C)	14  10:00am Daily Mass (C)  2:00pm Vital Core (F)	15  10:00am Daily Mass (C)  2:00pm Sit to be Fit (F)	16  9:15am Stretch & Tone (F)  10:00am Daily Mass (C)	17  10:00am Daily Mass (C)
18  10:00am Daily Mass (C)	19  10:00am Daily Mass (C)  2:00pm Stretch & Tone (F)	20  9:15am Sit to be Fit (F)  10:00am Daily Mass (C)  2:30pm Request Hour with Ryan (D)	21  10:00am Daily Mass (C)  2:00pm Vital Core (F)  4:00pm Cocktail Hour (B)	22  10:00am Daily Mass (C)  2:00pm Sit to be Fit (F)	23  9:15am Stretch & Tone (F)  10:00am Daily Mass (C)	24  10:00am Daily Mass (C)
25  10:00am Daily Mass (C)  2:00pm Upper Canada Choristers (D)	26  10:00am Daily Mass (C)  2:00pm Stretch & Tone (F)	27  9:15am Sit to be Fit (F)  10:00am Daily Mass (C)	28  10:00am Daily Mass (C)  2:00pm Vital Core (F)  7:30pm Pub Night w/Danny's 7	29  10:00am Daily Mass(C)  2:00pm Sit to be Fit (F)	30  9:15am Stretch & Tone (F)  10:00am Daily Mass (C)	(DA)Dining Area (F) Fitness (C) Chapel (B) Bistro