

FEBRUARY 2021-ONLINE

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Motivation Monday! ZUMBA with Miranda (VIRTUAL)</p>  <p>1:15 Music with Kristy (VIRTUAL- ZOOM)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Current Affairs with Jeff (VIRTUAL)</p>  <p>1:15 Creating a story together with Sara (VIRTUAL)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Games with Jeff: Name that tune! (VIRTUAL)</p>  <p>1:15 Around the world with Melissa & Jeff (VIRTUAL)</p>  <p>6:30pm Games with Ryan Littlejohn (VIRTUAL)</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Women's Wellness with Megan & Miranda (VIRTUAL- ZOOM)</p>  <p>11:00 Learn to Host a ZOOM meeting with Miranda-this program is for people who have indicated they would like to host their own program for their friends at PADDLE (VIRTUAL)</p>  <p>1:15 Men's Health Jeff (VIRTUAL)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Cardio with Miranda (VIRTUAL)</p>  <p>11:00 Wellness with Reanna (VIRTUAL)</p>  <p>1:15 Music with Kristy & Jeff! Sarah Brophy and her friends from Ottawa will be joining us! (VIRTUAL- ZOOM)</p> 

