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TANIA PARIS ///

WEEKLY SCHEDULE

Lasalle

Lachine

LIVE Online

Time	Monday	Tuesday	Wednesday		Thursday	Saturday
7:00 am	Mobility (Online)					
9:00 am						
10:00 AM						Bootcamp
11:00 AM						Bootcamp (tentative)
5:00 PM	Mobility 5:15				Bootcamp (tentative)	
6:00 PM	Bootcamp	SOKASWEAT	SOKASWEAT	Bootcamp	Yoga Basics 6:15	
7:00 PM	Bootcamp	Acro Adults		Bootcamp		
8:00 PM			Luna Level 1			

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