



| ◀ Sep 2024 October 2024 Nov 2024 ▶ | | | | | | |
|---|-----------------------------------|--|---|------------------------|--------------------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 Seated Full Fitness 10:00 am – 10:45 am (O) | 2 Rosh Hashanah Eve PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 3 Rosh Hashanah | 4 Rosh Hashanah | 5 PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 6 | 7 | 8 Seated Full Fitness 10:00 am – 10:45 am (O) | 9 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 10 | 11 Yom Kippur Eve | 12 Yom Kippur PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 13 | 14 Indigenous Peoples' Day | 15 Seated Full Fitness 10:00 am – 10:45 am (O) | 16 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 17 | 18 | 19 PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 20 | 21 | 22 Seated Full Fitness 10:00 am – 10:45 am (O) | 23 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 24 | 25 | 26 PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 27 | 28 | 29 Seated Full Fitness 10:00 am – 10:45 am (O) | 30 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 31 Halloween | | |