

WEEKLY SCHEDULE

Tues SOKASWEAT West Island
Every Tuesday at 6:00pm

Wed BODYFIT LaSalle
Every Wednesday at 6:00pm

Wed SOKASWEAT LaSalle
Every Wednesday at 6:45pm

Wed LUNA Beginner Heels
Every Wednesday at 8:00pm

Sat BODYFIT LaSalle
Every Saturday at 10:00am

Sat SOKASWEAT LaSalle
Every Saturday at 11:00am

New Spring Sessions (8 week duration) start this March for all locations.
To sign up, please visit www.justmove.club/classes

For Drop ins, pls send me a message at 514-999-3676 or
tania@taniaparis.com