

Schedule - List View

Monday, 22 July 2019

- **NSNH - Exercise Class**

Monday, 22 July 2019 @ 9:30 am -
10:30 am
NSNH[map]

[See more details](#)

- **NSNH - Hands On**

Monday, 22 July 2019 @ 10:30 am
- 11:30 am
NSNH[map]

[See more details](#)

- **Delbrook - Exercise Class**

Monday, 22 July 2019 @ 11:00 am
- 12:00 pm
Delbrook[map]

[See more details](#)

- **Delbrook Hands-On**

Monday, 22 July 2019 @ 12:00 pm
- 1:00 pm
Delbrook[map]

[See more details](#)

Tuesday, 23 July 2019

- **Parkgate - Exercise Class**

Tuesday, 23 July 2019 @ 9:30 am -
10:30 am

[map]

[See more details](#)

- **Parkgate Hands-On**

Tuesday, 23 July 2019 @ 10:30 am
- 11:30 am

[map]

[See more details](#)

- **West Vancouver Kiwanis Village**

Tuesday, 23 July 2019 @ 11:15 am
- 12:15 pm

Multi-Purpose Room, Terrace
Building[map]

Exercise class.

[See more details](#)

Wednesday, 24 July 2019

- **Silver Harbour Exercise Class**

Wednesday, 24 July 2019 @ 9:30
am - 10:30 am

[map]

[See more details](#)

- **Silver Harbour Hands-On**

Wednesday, 24 July 2019 @ 10:30

am - 11:30 am

[map]

[See more details](#)

Thursday, 25 July 2019

- **WVSAC - Exercise Class**

Thursday, 25 July 2019 @ 9:00 am

- 10:00 am

[map]

[See more details](#)

- **WVSAC Hands-On**

Thursday, 25 July 2019 @ 10:00

am - 11:00 am

[map]

[See more details](#)

Friday, 26 July 2019

- **KLM - Exercise Class**

Friday, 26 July 2019 @ 9:30 am -

10:30 am

[map]

[See more details](#)

- **KLM Hands-On**

Friday, 26 July 2019 @ 10:30 am -

11:30 am

[map]

[See more details](#)

Monday, 29 July 2019

- **NSNH - Exercise Class**

Monday, 29 July 2019 @ 9:30 am -
10:30 am

NSNH[map]

[See more details](#)

- **NSNH - Hands On**

Monday, 29 July 2019 @ 10:30 am
- 11:30 am

NSNH[map]

[See more details](#)

- **Delbrook - Exercise Class**

Monday, 29 July 2019 @ 11:00 am
- 12:00 pm

Delbrook[map]

[See more details](#)

- **Delbrook Hands-On**

Monday, 29 July 2019 @ 12:00 pm
- 1:00 pm

Delbrook[map]

[See more details](#)

Tuesday, 30 July 2019

- **Parkgate - Exercise Class**

Tuesday, 30 July 2019 @ 9:30 am -
10:30 am

[map]

[See more details](#)

▪ **Parkgate Hands-On**

Tuesday, 30 July 2019 @ 10:30 am

- 11:30 am

[map]

[See more details](#)

▪ **West Vancouver Kiwanis Village**

Tuesday, 30 July 2019 @ 11:15 am

- 12:15 pm

Multi-Purpose Room, Terrace Building[map]

Exercise class.

[See more details](#)

Wednesday, 31 July 2019

▪ **Silver Harbour Exercise Class**

Wednesday, 31 July 2019 @ 9:30

am - 10:30 am

[map]

[See more details](#)

▪ **Silver Harbour Hands-On**

Wednesday, 31 July 2019 @ 10:30

am - 11:30 am

[map]

[See more details](#)

Thursday, 01 August 2019

- **WVSAC - Exercise Class**

Thursday, 01 August 2019 @ 9:00
am - 10:00 am
[map]

[See more details](#)

- **WVSAC Hands-On**

Thursday, 01 August 2019 @ 10:00
am - 11:00 am
[map]

[See more details](#)

Friday, 02 August 2019

- **KLM - Exercise Class**

Friday, 02 August 2019 @ 9:30 am
- 10:30 am
[map]

[See more details](#)

- **KLM Hands-On**

Friday, 02 August 2019 @ 10:30
am - 11:30 am
[map]

[See more details](#)

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <ul style="list-style-type: none"> • NSNH - Exercise Class • NSNH - Hands On • Delbrook - Exercise Class • Delbrook Hands-On 	<p>2</p> <ul style="list-style-type: none"> • Parkgate - Exercise Class • Parkgate Hands-On • West Vancouver Kiwanis Village 	<p>3</p> <ul style="list-style-type: none"> • Silver Harbour Exercise Class • Silver Harbour Hands-On 	<p>4</p> <ul style="list-style-type: none"> • WVSAC - Exercise Class • WVSAC Hands-On 	<p>5</p> <ul style="list-style-type: none"> • KLM - Exercise Class • KLM Hands-On 	6
7	<p>8</p> <ul style="list-style-type: none"> • NSNH - Exercise Class • NSNH - Hands On • Delbrook - Exercise Class • Delbrook Hands-On 	<p>9</p> <ul style="list-style-type: none"> • Parkgate - Exercise Class • Parkgate Hands-On • West Vancouver Kiwanis Village 	<p>10</p> <ul style="list-style-type: none"> • Board Meeting • Silver Harbour Exercise Class • Silver Harbour Hands-On 	<p>11</p> <ul style="list-style-type: none"> • WVSAC - Exercise Class • WVSAC Hands-On 	<p>12</p> <ul style="list-style-type: none"> • KLM - Exercise Class • KLM Hands-On 	13
14	<p>15</p> <ul style="list-style-type: none"> • NSNH - Exercise Class • NSNH - Hands On • Delbrook - Exercise Class • Delbrook Hands-On 	<p>16</p> <ul style="list-style-type: none"> • Parkgate - Exercise Class • Parkgate Hands-On • West Vancouver Kiwanis Village 	<p>17</p> <ul style="list-style-type: none"> • Silver Harbour Exercise Class • Silver Harbour Hands-On 	<p>18</p> <ul style="list-style-type: none"> • WVSAC - Exercise Class • WVSAC Hands-On 	<p>19</p> <ul style="list-style-type: none"> • KLM - Exercise Class • KLM Hands-On 	20
21	<p>22</p> <ul style="list-style-type: none"> • NSNH - Exercise Class • NSNH - Hands On • Delbrook - Exercise Class • Delbrook Hands-On 	<p>23</p> <ul style="list-style-type: none"> • Parkgate - Exercise Class • Parkgate Hands-On • West Vancouver Kiwanis Village 	<p>24</p> <ul style="list-style-type: none"> • Silver Harbour Exercise Class • Silver Harbour Hands-On 	<p>25</p> <ul style="list-style-type: none"> • WVSAC - Exercise Class • WVSAC Hands-On 	<p>26</p> <ul style="list-style-type: none"> • KLM - Exercise Class • KLM Hands-On 	27
28	<p>29</p> <ul style="list-style-type: none"> • NSNH - Exercise Class • NSNH - Hands On • Delbrook - Exercise Class • Delbrook Hands-On 	<p>30</p> <ul style="list-style-type: none"> • Parkgate - Exercise Class • Parkgate Hands-On • West Vancouver Kiwanis Village 	<p>31</p> <ul style="list-style-type: none"> • Silver Harbour Exercise Class • Silver Harbour Hands-On 			