



# May 2024 classes



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
			<ul style="list-style-type: none"> <li>● Prenatal Yoga 1</li> <li>🌳 Stroller Bootcamp</li> <li>🏋️ Baby + Me Fitness</li> </ul>	<ul style="list-style-type: none"> <li>▲ Prenatal Yoga 2</li> </ul>	<ul style="list-style-type: none"> <li>● Mom Group 3</li> </ul>	<ul style="list-style-type: none"> <li>4</li> </ul>	
5	<ul style="list-style-type: none"> <li>▲ Baby + Me Yoga</li> <li>🏋️ Baby + Me Fitness</li> <li>🌳 Stroller Bootcamp</li> </ul>	6	<ul style="list-style-type: none"> <li>▲● Prenatal Yoga 7</li> <li>● Prenatal Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>● Prenatal Yoga 8</li> <li>🏋️ Baby + Me Fitness</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>▲ Prenatal Yoga 9</li> <li>● Baby + Me Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>● Mom Group 10</li> </ul>	11
12	<ul style="list-style-type: none"> <li>▲ Baby + Me Yoga 13</li> <li>🏋️ Baby + Me Fitness</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>▲● Prenatal Yoga 14</li> <li>● Prenatal Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>15</li> <li>🏋️ Baby + Me Fitness</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>▲ Prenatal Yoga 16</li> <li>● Baby + Me Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>● Mom Group 17</li> </ul>	18	
19	<ul style="list-style-type: none"> <li>20</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>▲● Prenatal Yoga 21</li> <li>● Prenatal Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>22</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>▲ Prenatal Yoga 23</li> <li>● Baby + Me Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>● Mom Group 24</li> </ul>	25	
26	<ul style="list-style-type: none"> <li>▲ Baby + Me Yoga 27</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>▲● Prenatal Yoga 28</li> <li>● Prenatal Pilates</li> <li>🌳 Stroller Bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>29</li> </ul>	<ul style="list-style-type: none"> <li>● Baby + Me Pilates 30</li> </ul>	<ul style="list-style-type: none"> <li>● Mom Group 31</li> </ul>		

For more information or to sign up,  
check out our website or visit reception!  
[www.rebirthwellness.ca](http://www.rebirthwellness.ca)

- ▲ Hyde Park
- Central Ave

- 🌳 Outdoors, various locations
- 🏋️ Fitclub Bootcamps