

PARKINSON EN MOUVEMENT SPRING/SUMMER 2025

Class, Day and Time	First - Last Class*	Location	Teacher
Voice/singing Monday 1-2 PM	April 28 - August 18 *	Online	Charlotte
Dance-movement Monday 3-4 PM	April 28 - August 18 *	Belgo Center, Downtown Montréal	Joanabbey
Voice/singing Monday 4-5 PM	April 28 - August 18 *	Belgo Center, Centre- ville Montréal	Hélène
Stretching Tuesday 10-10:30 AM	April 29 - August 19 *	Online	Sarah
Dance-movement Tuesday 3:30-4:30 PM	April 29 - August 19 *	Notre-Dame-de-Grâce Sports Center, Montréal	Amanda
Dance-movement Wednesday 11-12 PM	April 30 - August 20 *	Ahuntsic, Montréal	Christine
Dance-movement Thursday 11-12 PM	May 1 - August 21 *	Fabreville, Laval	Christine
Dance-mouvement Thursday 5-6 PM	May 1 - August 21 *	Online	Joanabbey et Amanda
Dance-movement Saturday 10:30-11:30 AM	May 3 - August 23 *	Online	Natalia

* **No classes Monday May 19 (Patriot's Day)**
No classes from June 21 to July 6 (2 weeks)
No classes from August 25 to September 7 (2 weeks)
Start of the Fall session: September 8, 2025.

* **You need to register by calling 514-868-0597 before assisting at a class. Dates are subject to change, depending on availability of teachers, locations and other variables.**