

PARKINSON EN MOUVEMENT WINTER 2025 CLASS SCHEDULES

Class, Day & Time	First -Last Class	Location	Teacher
Voice/Singing Monday 1-2 PM	Jan. 6 - April 7	Online	Charlotte
Dance-Movement Monday 3-4 PM	Jan. 6 - April 7	Belgo Center, Downtown Montreal	Joanabbey
Voice/Singing Monday 4-5 PM	Jan. 6 - April 7	Belgo Center, Downtown Montreal	Helene
Stretching Tuesday 10-10:30 AM	Jan. 7 - April 8	Online	Sarah
Dance-Movement Tuesday 3:30-4:30 PM	Jan. 7 - April 8	Notre-Dame-de-Grâce Sports Center, Montréal	Amanda
Dance-Movement Wednesday 11AM -12PM	Jan. 8 - April 9	Ahuntsic, Montréal	Christine
Dance-Movement Thursday 11AM -12PM	Jan. 9 - April 10	Fabreville, Laval	Christine
Dance-Movement Thursday 5-6PM	Jan. 9 - April 10	Online	Joanabbey
Dance-Movement Saturday 10:30-11:30 AM	Jan. 11 - April 5	Online	Natalia

NO classes from April 11 to April 27, 2025

Registration is required to attend classes. Please call 514-868-0597 to register. Dates may change depending on availability of teachers and class space and other variables.

For updates see www.parkinsonenmouvement.org/en/schedule-fees