

**PINGPONG PARKINSON
WINTER 2025 SCHEDULE***

Location	Day & Time	First - Last Date	Fee
Concordia University Gym, downtown Montreal	Monday Wednesday Friday 9:30 - 11:30 AM	Jan. 13 - April 4	Payable to the gym reception at the beginning of session
Centre sportif Notre-Dame-de-Grâce, Montreal	Tuesday Thursday 10 - 11 AM	Jan. 14 - April 10 Except March 4 et 6 .	Payable to the Centre online at registration (from Dec. 10 2024 to Jan. 5 2025)
ARMP, Plateau Mont-Royal, Montreal	Tuesday 9:30 - 11:30 AM	Jan. 14 - April 15 Except March 4	Annual membership fee payable to the association

* subject to changes

Please contact us by email: pingpongpem@gmail.com before coming to a class for the first time.

Pingpongparkinson is an activity under the umbrella of Parkinson en mouvement: www.parkinsonenmouvement.org/tennis-de-table/