

**NOVEMBER 2-3, 2024**

**M M M T O R Z O T O**  
**R E E N D E Z V O S**

**SCHEDULE**

**Saturday**

9am Registration!  
9:30-10:00 Warm Up  
10:00-11:00 Colours  
11:00-11:15 (break)  
11:15-12:15 Choreography  
12:15-1:00 (lunch)  
1:00-1:45 Choreography  
1:45-2:30 Chair Yoga  
2:30-3:00 Relaxation

**Sunday**

9:00-9:30 Warm Up  
9:30-10:30 Dynamics  
10:30-10:45 (break)  
10:45-11:15 Choreography  
11:15-12:00 Choreography  
12:00-12:45 (lunch)  
12:45-1:30 Stretch  
1:30-2:00 Relaxation



**Join for the fun of dance through the decades! ~ THEN & NOW**

**ROYAL CANADIAN LEGION  
(BRANCH #344)  
1395 LAKESHORE BLVD WEST  
TORONTO, ONTARIO**

**Fee ~ \$50 Weekend / \$30 for one day  
Please bring coffee cup, waterbottle, mat & pillow.**

**Saturday Pot-Luck @ Laura's!  
Theme: Now & Then! The Life of the Beatles ~ 1960**

**To Register: Pieter Bissels  
pieter.biessels@sympatico.ca // 647-270-9430**

