

Spring-Summer Session 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Singing & Voice (PEM) 1 pm to 2 pm With Charlotte Online	Stretching (PEM) 10 am to 10:30 am with Sarah Online	PML Support group for Care Partners (French) 3rd Wednesday of every month 9:30 am to 11 am with Christianne, online	Adapted Boxing Mtl 1 9:30 am to 10:30 am with Mathilde, NeuroMotrix Club de Boxe de l'Est de Montreal	Nordic Walking (outdoors) 1 pm to 2 pm with Catherine, NeuroMotrix Building in Bernard-Landry Park in Laval	Dance / Movement (PEM) 10:30 am to 11:30 am with Natalia Online
Dance / Movement (PEM) 3 pm to 4 pm with Joanabbey At the Belgo Center in Montreal	Yoga adapté (Yoga Tout Laval) 1:30 pm to 2:30 pm with Lucie Private studio in Laval & Online	Dance / Movement (PEM) 11 am to 12 pm with Christine Building in Ahuntsic Park Montreal	Adapted Boxing Mtl 2 10:45 am to 11:45 am with Mathilde, NeuroMotrix Club de Boxe de l'Est in Montreal	<div data-bbox="1596 459 1837 777" data-label="Image"> </div> <p style="text-align: center;">560 rue Ontario Est Montréal QC H2L 0B6</p> <p style="text-align: center;">Telephone : 514-868-0597 Email: servicespml@parkinsonquebec.ca Web: www.parkinsonmontreallaval.ca</p> <p style="text-align: center;">Classes offered by Parkinson Montreal-Laval, in collaboration with NeuroMotrix, Yoga Tout Laval, and Parkinson en Mouvement (PEM).</p>	
Singing & Voice (PEM) 4 pm to 5 pm with Noah at the Belgo Center in Montreal	Dance / Movement (PEM) 3:30 pm to 4:30 pm with Amanda at Notre-Dame-de-Grace Sports Center in Montreal	NEW ! Free Time (PML) 12:15 pm to 1:30 pm with Diane Building in Ahuntsic Park in Montreal	Dance Therapy (PEM) 11 am to 12 pm with Christine ABMC building in Laval		
		Adapted Boxing in Laval 1:30 pm to 2:30 pm with Mathilde, NeuroMotrix 2B Extreme Evolution, Laval	Dance / Movement (PEM) 5 pm to 6 pm with Joanabbey Online		
		PML Self-help group for people living with Parkinson's (French) Last Wednesday of every month, 6:30 pm to 8 pm with Flavie, Online			

Classes are opened to all people living with Parkinson's and their care partners. Please register prior to attending a class by calling or emailing Parkinson Montreal-Laval. All contact information is provided above.

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List of addresses for each class :

Online classes	A Zoom link will be sent to you by email prior to your first class
Belgo Center	Studio 126, at 372 Ste-Catherine Street West, Montréal
Private yoga studio	Private Studio, address provided upon registration only
Notre-Dame-de-Grâce Sports Center	Multi-functional studio on the 2nd Floor, at 6445 Monkland Blvd, NDG Montreal
Main building in Ahuntsic Park	10555 Lajeunesse Street, Montreal
2B Extrême Évolution	4463 Desserte Nord Laval (A-440) Ouest, Laval
Club de Boxe de l'Est de Montréal	Room 1300, at 2350 Dickson Street, Montréal
ABMC Laval	377 Curé-Labelle Blvd, Laval
Main building in Bernard-Landry Park	Enter the Park at 5 Crochet Avenue, Laval



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