

TSC Wellness

Registered Programs - Fall 2026

Monday

Current session:

July 27 - October 26

Time: 9:45 - 11:00 am

Wednesday

September 16 - November 18

10 classes

Time: 9:45 - 11:00 am

Friday

August 21 - November 6

8 classes left before next session

Time: 9:30 - 11:00 am

Fee: \$50 / 10 consecutive classes.

For registration or try out class please **contact Queenie Wong in person 10 minutes before any scheduled class.**