

## 2025 February - All times listed in Pacific Standard Time

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
26	27	28	29	30	31	1
6:30-6:35am - Dance Party <i>Sam Cooke - Wonderful World</i>	6:30-6:35am - Dance Party <i>Andy Grammer - Good to Be Alive (Hallelujah)</i>	6:30-6:35am - Dance Party <i>Steve Winwood - Bring Me a Higher Love</i>	6:30-6:35am - Dance Party <i>Sly and the Family Stone - Dance to the Music</i>	6:30-6:35am - Dance Party <i>Zach Bryan - Revival</i>	6:30-6:35am - Dance Party <i>Justin Timberlake - Can't Stop The Feeling</i>	6:30-6:35am - Dance Party <i>Shaboozey - A Bar Song</i>
	7am - PQ Integration Call	10:30am - TM BONUS Session - Meet Your Saboteurs	7am - Soul Spa - MONTHLY WORKSHOP - REGISTER TODAY!			
		7am - Mike Dooley - TUT	5pm - Breathwork w/Jared @Sparks of Consciousness			
2	3	4	5	6	7	8
6:30-6:35am - Dance Party <i>Thin Lizzy - The Boys Are Back In Town</i>	6:30-6:35am - Dance Party <i>The Box - Closer Together</i>	6:30-6:35am - Dance Party <i>The Weekend - Blinding Lights</i>	6:30-6:35am - Dance Party <i>The Marvelettes - Please Mr Postman/The Beach Boys - Wouldn't It Be Nice</i>	6:30-6:35am - Dance Party <i>Survivor - Eye of the Tiger</i>	6:30-6:35am - Dance Party <i>Huey Lewis - The Power of Love</i>	6:30-6:35am - Dance Party <i>Stray Cats - Stray Cat Stut</i>
	7am - PQ Integration Call	7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
		10-11:30am - TOASTMASTERS Meeting!!	5pm - Breathwork w/Jared @Sparks of Consciousness			
		3pm - Soul Spa				
9	10	11	12	13	14	15
6:30-6:35am - Dance Party <i>Darryl Hall and John Oats - Maneater</i>	6:30-6:35am - Dance Party <i>The Box - Closer Together</i>	6:30-6:35am - Dance Party <i>David Guetta - Titanium</i>	6:30-6:35am - Dance Party <i>Panic at the Disco - High Hopes</i>	6:30-6:35am - Dance Party <i>Pat Benetar - Hit Me With Your Best Shot</i>	6:30-6:35am - Dance Party <i>Huey Lewis - The Power of Love</i>	6:30-6:35am - Dance Party <i>Prince - When Doves Cry</i>
	7am - PQ Integration Call	7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
	2pm - Healthy Boundaries Workshop - Pender Harbour (Closed Group)	10:30-11:30am - TOASTMASTERS BONUS Meeting - Voice Practice!!	5pm - Breathwork w/Jared @Sparks of Consciousness			
		3pm - Soul Spa				
16	17	18	19	20	21	22
6:30-6:35am - Dance Party <i>Bag Raiders - Shooting Star</i>	6:30-6:35am - Dance Party <i>The Box - Closer Together</i>	6:30-6:35am - Dance Party <i>Neil Sedaka - Breaking Up is Hard to Do/ Lesley Gore - It's My Party</i>	6:30-6:35am - Dance Party <i>New Kids On The Block - Step by Step</i>	6:30-6:35am - Dance Party <i>Michael Jackson - Beat It</i>	6:30-6:35am - Dance Party <i>Huey Lewis - The Power of Love</i>	6:30-6:35am - Dance Party <i>Marvin Gaye - Ain't No Mountain High Enough</i>
	7am - PQ Integration Call	7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
		10-11:30am - TOASTMASTERS Meeting!!	5pm - Breathwork w/Jared @Sparks of Consciousness			
		3pm - Soul Spa				
23	24	25	26	27	28	1
6:30-6:35am - Dance Party <i>Technotronic - Move This</i>	6:30-6:35am - Dance Party <i>The Box - Closer Together</i>	6:30-6:35am - Dance Party <i>Led Zeppelin - Whole Lotta Love</i>	6:30-6:35am - Dance Party <i>Jelly Roll - Liar</i>	6:30-6:35am - Dance Party <i>Earth Wind and Fire - Boogie Wonderland</i>	6:30-6:35am - Dance Party <i>Huey Lewis - The Power of Love</i>	6:30-6:35am - Dance Party <i>Def Leppard - Pour Some Sugar on Me</i>
	7am - PQ Integration Call	7am - Mike Dooley - TUT	7am - Soul Spa - MONTHLY WORKSHOP - REGISTER TODAY!			
		3pm - Soul Spa	5pm - Breathwork w/Jared @Sparks of Consciousness			