

# SP3NM. SPRING TRAINING



**@SP3NM'S  
SPRING SEASON**  
March 21 to June 21

**PERSONAL TRAINING**

**COMMUNITY SUPPORT**

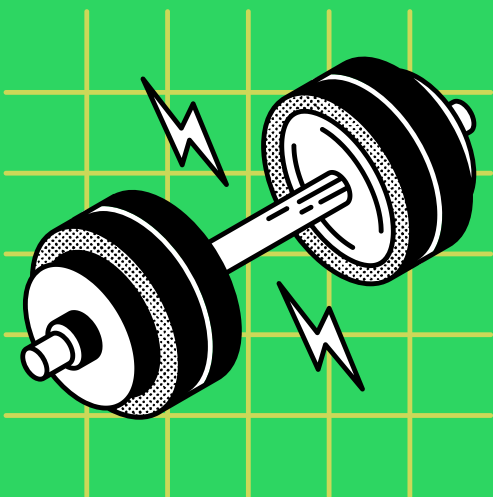
**©COMMUNITY NETWORK  
CITY STREET CLEAN UPS**

**[SP3NM] APRIL MAY  
AVAILABILITY**

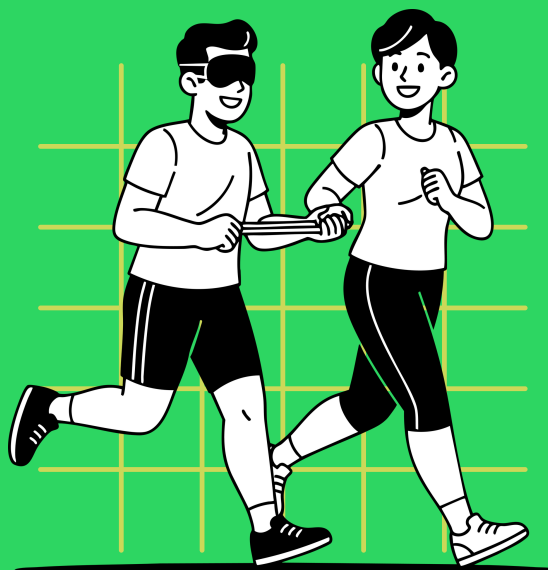
**CONTACT SPENCER  
[SP3NM.CA] BY EMAIL:  
SP3NM.CA@GMAIL.COM**



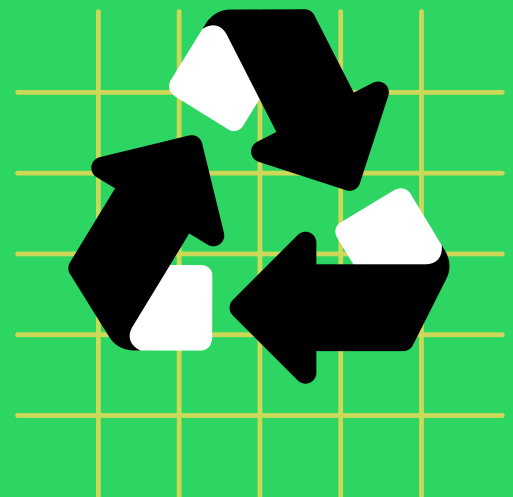
# SPRING INTO ACTION WITH SP3NM.CA PROGRAMS JUST FOR YOU!



**PERSONAL  
TRAINING**



**PERSONAL  
SUPPORT**



**LITT3RBUG  
COMPANY.**



**[WWW.SP3NM.CA/PROGRAMS-SERVICES](http://WWW.SP3NM.CA/PROGRAMS-SERVICES)**

@SP3NM.CA PRESENTS

MARCH 21 - JUNE 21 2026

# SP3NM. SPRING SEASON



LITTERBUGCOMPANY



SUNDAYS: LITTER CLEAN UP  
EVERY SUNDAY after 12:00PM

[THE LITT3RBUG ©OMPANY.]  
@SP3NM.CA @COMMUNITYN3TWORK

● : GREENSUNDAYS

## Spring Cleaning Team!

©COMMUNITY N3TWORK  
CITY STREET CLEAN UP  
SCHEDULE WITH [SP3NM]



- Let's Clean Up:
- STREETS • PARKS
  - TRAILS • RIVERSIDES

MARCH 21 - JUNE 21  
ALL SPRING LONG!



# SP3NM

Sunday	Monday	Tuesday	Wednesday
●●●	●●●	●●●	1 ●
5	Easter Sunday	6 Easter Monday	7
12	Orthodox Easter Sunday	13	14
19	20	21	22
26	27	28	29

Thursday	Friday	Saturday
2	3 Good Friday	4
9	10	11
16	17	18
23	24	25
30		

April 2026

March 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026

S	M	T	W	T	F	S

May 2026

S	M	T	W	T	F	S

June 2026

S	M	T	W	T	F	S

APRIL  
MAY  
2026



**JOIN THE TEAM**

● : COMMUNITY SESSIONS & EVENTS  
● : NOT AVAILABILITY

**MONDAY - SATURDAY 11:00AM - 11:00PM  
PERSONAL TRAINING & PERSONAL SUPPORT  
WITH PERSONAL TRAINER SPENCER M.**

Sunday	Monday	Tuesday	Wednesday
3 ●	4 ●	5 Cinco de Mayo	6 ●
10	Mother's Day	11	12
17	18	Victoria Day	19
24	25	Memorial Day (U.S.)	26
31			27 Eid al-Adha (Islamic)**

Thursday	Friday	Saturday
	1	2
7	8	9
14	15	16
21	22	23
28	29	30

May 2026

April 2026

S	M	T	W	T	F	S

May 2026

S	M	T	W	T	F	S

June 2026

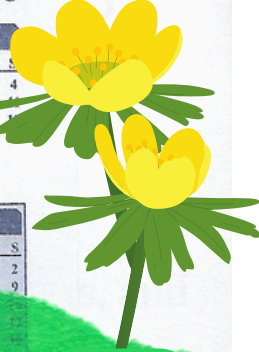
S	M	T	W	T	F	S

July 2026

S	M	T	W	T	F	S

August 2026

S	M	T	W	T	F	S



SP3NM.CA/

**MOVE WITH PURPOSE, LEAVE BETTER, BUILD TOGETHER**

**LEAVE A REVIEW FOR SPENCER [SP3NM] MOORE**

