





FEBRUARY GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>For up-to-date information check our website at calgaryjcc.com/group-exercise-0</p>						
						
					9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 CARDIO CUTZ CATHERINE 10:20 ZUMBA CODY 11:30 YOGA CINDY
8:15 SPIN DAVID 9:20 HIGH EMILY 10:30 BUTI YOGA EMMA	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 6:00 SPIN&PUMP JENN 7:00 YOGA CATHY 8:00 HIGH LINDSEY	6:15 SPIN JENN 8:00 SPIN JENN 9:00 PUMPED + MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 11:05 BONE BUILDER DAVID 6:00 SETS + CATHERINE	6:15 YOGA COLETTE 9:00 20 / 20 / 20 DAVID 10:05 YOGA/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP TRISH 7:00 YOGA/PILATES CATHY 8:00 BUTI YOGA EMMA	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 HITT CATHERINE 10:20 ZUMBA CODY 11:30 YOGA AMBER
8:15 SPIN DAVID 9:20 HIGH LINDSEY 10:30 BUTI YOGA EMMA	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 6:00 SPIN&PUMP SUSAN 7:00 YOGA CATHY 8:00 HIGH LINDSEY	6:15 SPIN JENN 8:00 SPIN JENN 9:00 PUMPED + MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 11:05 BONE BUILDER DAVID 6:00 BODY BLAST CATHERINE	6:15 YOGA COLETTE 9:00 BOOT CAMP DAVID 10:05 BARRE/PILATES CATHY 11:05 ZUMBA GOLD CODY 5:35 YOGA FLOW CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT SUSAN P. 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP MAYA 7:00 BARRE CATHY 8:00 BUTI DEEP EMMA	9:00 HIGH LINDSEY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 CARDIO CUTZ CATHERINE 10:20 ZUMBA CODY 11:30 YOGA CINDY
8:15 SPIN DAVID 9:20 HIGH JANAY 10:30 BUTI YOGA EMMA	Family Day! 9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH	6:15 SPIN JENN 8:00 SPIN JENN 9:00 PUMPED + MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 11:05 BONE BUILDER DAVID 6:00 SETS + CATHERINE	6:15 YOGA COLETTE 9:00 CARDIO TABATA DAVID 10:05 YOGA/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP MAYA 7:00 YOGA/PILATES CATHY 8:00 BUTI YOGA EMMA	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 HITT CATHERINE 10:20 ZUMBA CODY 11:30 YOGA AMBER
8:15 SPIN DAVID 9:20 HIGH EMILY 10:30 BUTI YOGA EMMA	4 PM CLOSURE 9:00 MULTISTEP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 6:00 SPIN&PUMP SUSAN 7:00 YOGA CATHY 8:00 HIGH LINDSEY	6:15 SPIN JENN 8:00 SPIN JENN 9:00 PUMPED + MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 11:05 BONE BUILDER DAVID 6:00 BODY BLAST CATHERINE	6:15 YOGA COLETTE 9:00 20 / 20 / 20 DAVID 10:05 BARRE/PILATES CATHY 11:05 ZUMBA GOLD CODY 5:35 YOGA FLOW CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT SUSAN 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP TRISH 7:00 BARRE CATHY 8:00 BUTI DEEP EMMA	Mar-19 9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 CARDIO CUTZ CATHERINE 10:20 ZUMBA CODY 11:30 YOGA CINDY

TO PREVENT DISRUPTION – PLEASE ARRIVE TO CLASS ON TIME