





# NOVEMBER GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE</b> For up-to-date information check our website at <a href="http://calgaryjcc.com/group-exercise-0">calgaryjcc.com/group-exercise-0</a>				6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN P. 9:00 CARDIOCUTZ TERESA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP TRISH 7:00 BARRE CATHY 8:00 BUTI YOGA EMMA	9:15 CARDIOCUTZ CATHERINE 9:30 HIGH AMBER (IN AUDITORIUM) FREE class for members & non-members!! 10:20 ZUMBA LINDSAY B 11:30 YOGA LOUISE	
<b>Daylight savings ends</b> <b>Clocks go back 1 hr</b> 		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 DAVID	6:15 YOGA COLETTE 9:00 CARDIO TABATA DAVID 10:05 BARRE/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE/YOGA CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT TERESA 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP TRISH 7:00 YOGA FLOW CATHY 8:00 BUTI YOGA EMMA	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 HITT DAVID 10:20 ZUMBA CODY 11:30 YOGA LOUISE
<b>REMEMBRANCE DAY</b>  8:15 SPIN DAVID 9:20 HIGH EMILY 10:30 BUTI YOGA EMMA 4 PM CLOSURE	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 6:00 SPIN&PUMP MAYA 7:00 YOGA MANJU 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 BOOT CAMP DAVID 10:05 YOGA/PILATES CATHY 11:05 ZUMBA GOLD MAAN 5:35 BARRE CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT TERESA 10:05 VITALITY stretch CATHY 6:00 SPIN&PUMP TRISH 7:00 BARRE CATHY 8:00 BUTI YOGA EMMA	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA TBD 11:30 YOGA LOUISE
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 MAYA 7:00 YOGA MANJU 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 CARDIO TABATA DAVID 10:05 BARRE/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 YOGA FLOW CATHY 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch JENN 6:00 SPIN&PUMP TRISH 7:00 PILATES TRISH 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 LOUISE
8:15 SPIN DAVID 9:20 HIGH EMILY 10:30 BUTI YOGA EMMA	9:00 MULTISTEP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 6:00 SPIN&PUMP MAYA 7:00 YOGA MANJU 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 YOGA/PILATES TBD 11:05 ZUMBA GOLD MAAN 5:35 BARRE/PILATES TRISH 6:35 ZUMBA TERESA	6:15 BOOTCAMP SHANNON 8:00 SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch JENN 6:00 SPIN&PUMP TRISH 7:00 PILATES TRISH 8:00 BUTI YOGA EMMA	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R	<b>TO PREVENT DISRUPTION, PLEASE ARRIVE TO CLASS ON TIME</b>