



# JUNE GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<h2>SETS + HIIT</h2> <h2>PUMPED + Zen Blend</h2>		6:15 MORNING SPIN JENN 8:00 MORNING SPIN JENN 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 HIGH fitness EMILY 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	9:15 CARDIOCUTZ MICHELE 10:20 ZUMBA MICHELE 11:30 YOGA LOUISE
8:15 SPIN DAVID 9:20 EMILY	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE 6:35 YOGA MANJU 7:35 STRONG SUSAN R	6:15 TABATA JENN 8:00 HIGH DIANE 9:00 PUMPED MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS + CATHERINE	9:00 CARDIO TABATA LANA 10:05 Zen Blend CATHY 11:05 EASY ENERGY KELLY 6:30 ZUMBA KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 HIGH fitness EMILY & CATHERINE 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	9:15 HIIT MICHELE 10:20 ZUMBA MICHELE 11:30 YOGA LOUISE
8:15 SPIN DAVID 9:20 HIGH EMILY	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE 6:35 YOGA MANJU	6:15 TABATA JENN 8:00 HIGH DIANE 9:00 PUMPED MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS + CATHERINE	9:00 ELISA Zen Blend CATHY 10:05 EASY ENERGY KELLY 6:30 ZUMBA KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 HIGH fitness EMILY 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	9:15 CARDIOCUTZ MICHELE 10:20 ZUMBA MICHELE 11:30 YOGA LOUISE
8:15 SPIN DAVID 9:20 HIGH CATHERINE	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE 6:35 YOGA MANJU 7:35 STRONG SUSAN R	6:15 TABATA JENN 8:00 HIGH DIANE 9:00 PUMPED MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS + CATHERINE	9:00 POWER STEP MICHELE 10:05 Zen Blend MICHELE 11:05 EASY ENERGY KELLY 6:30 ZUMBA KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP CATHERINE 6:35 YOGA RACHEL	9:00 HIGH fitness EMILY 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	9:15 HIIT MICHELE 10:20 ZUMBA MICHELE 11:30 YOGA LOUISE
8:15 SPIN DAVID 9:20 HIGH EMILY	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE 6:35 YOGA MANJU	6:15 TABATA JENN 8:00 HIGH DIANE 9:00 PUMPED MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS + CATHERINE	9:00 HIIT MICHELE 10:05 Zen Blend MICHELE 11:05 EASY ENERGY KELLY 6:30 ZUMBA KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 HIGH fitness EMILY 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	

TO PREVENT INJURY AND DISRUPTION, PLEASE ARRIVE TO CLASS ON TIME MORE THAN 5 MINUTES AFTER CLASS BEGINS, YOU MAY NOT ENTER THE STUDIO, THANK YOU FOR YOUR UNDERSTANDING

Schedule subject to change without notice – please check our website atcalgaryjcc.com for up-to-date information