



JUNE GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		TO PREVENT DISRUPTION, PLEASE ARRIVE TO CLASS ON TIME				9:00 EMILY 10:05 YOGA TAMARA 11:05 SUSAN R	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA CODY 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 DAVID 6:35 YOGA MANJU	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE	9:00 BOOT CAMP DAVID 10:05 YOGA/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE/PILATES CATHY	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.	9:00 EMILY 10:05 YOGA TAMARA 11:05 SUSAN R	9:15 HITT CATHERINE 10:20 ZUMBA LINDSAY 11:30 YOGA SOPHIE	
8:15 SPIN DAVID 9:20 EMILY	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 BODY BLAST CATHERINE	9:00 CARDIO TABATA DAVID 10:05 YOGA/BARRE CATHY 11:05 ZUMBA GOLD MAAN 5:35 BARRE/PILATES CATHY	6:15 MORNING SPIN JENN 8:00 MORNING SPIN JENN 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.	9:00 EMILY 10:05 YOGA TAMARA 11:05 SUSAN R	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA LINDSAY 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 DAVID 6:35 YOGA MANJU	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE	9:00 20/20/20 DAVID 10:05 YOGA/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE/PILATES CATHY	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.	9:00 CATHERINE 10:05 YOGA TAMARA 11:05 SUSAN R	9:15 HITT CATHERINE 10:20 ZUMBA CODY 11:30 YOGA LOUISE	
8:15 SPIN DAVID 9:20 CATHERINE	9:00 MULTISTEP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 BODY BLAST CATHERINE	9:00 CARDIO TABATA DAVID 10:05 BARRE/PILATES CATHY 11:05 ZUMBA GOLD MAAN 5:35 YOGA/PILATES CATHY	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S.	9:00 EMILY 10:05 YOGA TAMARA 11:05 SUSAN R	9:15 HITT DAVID 10:20 ZUMBA CODY 11:30 YOGA LOUISE	

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE For up-to-date information check our website at calgaryjcc.com/group-exercise-0