



OCTOBER GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 SPIN DAVID 9:20 EMILY HIGH Fitness 1	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 2	6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 3	9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND CATHY 11:05 EASY ENERGY KELLY 5:30 BARRE/PILATES CATHY 6:30 ZUMBA TERESA 4	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. 5	9:00 HIGH FITNESS EMILY 10:05 YOGA TAMARA 11:05 SUSAN R ZUMBA GOLD 6	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R NO YOGA TODAY LONG WEEKEND 7
8:15 SPIN DAVID 9:20 EMILY HIGH Fitness 8	9:30 CARDIO CUTZ & CORE TRISH Thanksgiving 9	6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 10	9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND CATHY 11:05 EASY ENERGY KELLY 5:30 BARRE/PILATES CATHY 6:30 ZUMBA TERESA 11	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. 12	9:00 HIGH FITNESS EMILY 10:05 YOGA TAMARA 11:05 SUSAN R ZUMBA GOLD 13	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 14
8:15 SPIN DAVID 9:20 EMILY HIGH Fitness 15	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA SUSAN S. 16	6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 17	9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND CATHY 11:05 EASY ENERGY KELLY 5:30 BARRE/PILATES CATHY 6:30 ZUMBA TERESA 18	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. 19	9:00 HIGH FITNESS CATHERINE L 10:05 YOGA TAMARA 11:05 SUSAN R ZUMBA GOLD 20	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 21
8:15 SPIN DAVID 9:20 CATHERINE L HIGH Fitness 22	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA SUSAN S. 23	6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 24	9:00 CARDIO TABATA DAVID 10:05 ZEN BLEND CATHY 11:05 EASY ENERGY KELLY 5:30 BARRE/PILATES TBD 6:30 ZUMBA TERESA 25	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. 26	9:00 HIGH FITNESS EMILY 10:05 YOGA TAMARA 11:05 SUSAN R ZUMBA GOLD 27	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE 28
8:15 SPIN DAVID 9:20 EMILY HIGH Fitness 29	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA SUSAN S. 30	6:15 TABATA JENN 8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 31				

To prevent disruption, please arrive to class on time
 Schedule subject to change without notice – please check our website at calgaryjcc.com for up-to-date information