










AUGUST GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TO PREVENT DISRUPTION, PLEASE ARRIVE TO CLASS ON TIME</p>			9:00 BOOT CAMP DAVID 10:05 YOGA/PILATES CATHY 11:05 ZUMBA GOLD CODY 6:35 ZUMBA RUTH 1	8:00 MORNING SPIN SUSAN P. 2 9:00 CARDIOCUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch DAVID 5:30 SPIN&PUMP SUSAN P.	9:00 HIGH fitness EMILY 3 10:05 YOGA TAMARA 11:05 SUSAN R 	9:15 CARDIOCUTZ CATHERINE 4 10:20 ZUMBA PAM 11:30 YOGA LOUISE
<p>HERITAGE DAY!</p> <p>9:00 BOOT CAMP</p> <p>DAVID</p>		8:00 MORNING SPIN SUSAN P. 9:00 PUMPED+ MELISSA 9:00 EVERFIT CATHERINE 10:05 VITALITY stretch MELISSA 6:00 SETS+ CATHERINE 5	9:00 BOOT CAMP DAVID 10:05 BARRE CODY 11:05 ZUMBA GOLD MAAN 6:35 ZUMBA TERESA 8	8:00 MORNING SPIN SUSAN P. 9 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch MELISSA 5:30 SPIN&PUMP SUSAN P.	9:00 HIGH fitness EMILY 10 10:05 YOGA TAMARA 11:05 SUSAN R 	9:15 HITT DAVID 11 10:20 ZUMBA PAM 11:30 YOGA TBD
8:15 SPIN DAVID 9:20 HIGH fitness EMILY 5	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 13	8:00 MORNING SPIN SUSAN P. 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 BODY BLAST CATHERINE 7	9:00 CARDIO TABATA DAVID 10:05 BARRE/PILATES CATHY 11:05 ZUMBA GOLD CODY 6:35 ZUMBA TERESA 15	8:00 MORNING SPIN SUSAN P. 16 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch MELISSA 5:30 SPIN&PUMP TRISH	9:00 HIGH fitness EMILY 17 10:05 YOGA TAMARA 11:05 SUSAN R 	9:15 CARDIOCUTZ CATHERINE 18 10:20 ZUMBA CODY 11:30 YOGA LOUISE
8:15 SPIN DAVID 9:20 HIGH fitness EMILY 19	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 20	8:00 MORNING SPIN GITA 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE 21	9:00 20/20/20 DAVID 10:05 YOGA/PILATES CATHY 11:05 ZUMBA GOLD MAAN 6:35 ZUMBA TERESA 22	8:00 MORNING SPIN GITA 9:00 CARDIOCUTZ CATHERINE 9:00 EVERFIT MELISSA 10:05 VITALITY stretch MELISSA 5:30 SPIN&PUMP TRISH 23	9:00 HIGH fitness LINDSEY S 24 10:05 YOGA TAMARA 11:05 SUSAN R 	<p style="text-align: center;">BUTI YOGA TRAINING All classes in auditorium</p> 9:15 HITT CATHERINE 10:20 ZUMBA LINDSAY B 11:30 YOGA LOUISE 25
<p style="text-align: center;">BUTI YOGA TRAINING All classes in auditorium</p> 8:15 SPIN DAVID 9:20 HIGH fitness CATHERINE 26	9:00 MULTISTEP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 27	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 BODY BLAST CATHERINE 28	9:00 CARDIO TABATA DAVID 10:05 BARRE/PILATES CATHY 11:05 ZUMBA GOLD CODY 6:35 ZUMBA TERESA 29	8:00 MORNING SPIN SUSAN P. 30 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch JENN 5:30 SPIN&PUMP TRISH	9:00 HIGH fitness LINDSEY S 31 10:05 YOGA TAMARA 11:05 SUSAN R 	

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