



MAY GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH YOM HA'AZMAUT NO EVENING CLASSES	6:15 TABATA JENN 8:00 DIANE 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE	9:00 CARDIO TABATA MICHELE 10:05 MICHELE 11:05 EASY ENERGY KELLY 6:30 KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 EMILY 10:05 YOGA RACHEL 11:05 PAMELA	9:15 CARDIO CUTZ MICHELE 10:20 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 PAMELA	6:15 TABATA JENN 8:00 DIANE 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE	9:00 ELISA 10:05 CATHY 11:05 EASY ENERGY KELLY 6:30 KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 EMILY & CATHERINE 10:05 YOGA RACHEL 11:05 PAMELA	9:15 MICHELE 10:20 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 PAMELA	6:15 TABATA JENN 8:00 DIANE 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE	9:00 STEPMIX MICHELE 10:05 MICHELE 11:05 EASY ENERGY KELLY 6:30 KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 EMILY 10:05 YOGA RACHEL 11:05 PAMELA	9:15 CARDIO CUTZ MICHELE 10:20 MICHELE 11:30 YOGA LOUISE	
8:15 SPIN DAVID 9:20 EMILY	VICTORIA DAY! 10:00 CARDIO TABATA 11:05 ZUMBA WITH MICHELE	6:15 TABATA JENN 8:00 DIANE 9:00 PUMPED+ MELISSA 9:00 EVERFIT DAVID 10:05 VITALITY stretch RACHEL 6:00 SETS+ CATHERINE	9:00 CARDIO TABATA LANA 10:05 CATHY 11:05 EASY ENERGY KELLY 6:30 KELLY	6:15 MORNING SPIN SUSAN P 8:00 MORNING SPIN JENN 9:00 CARDIO CUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP JENN 6:35 YOGA RACHEL	9:00 EMILY 10:05 YOGA RACHEL 11:05 PAMELA	9:15 MICHELE 10:20 MICHELE 11:30 YOGA LOUISE	
8:15 SPIN DAVID 9:20 EMILY	9:00 CARDIOPUMP MICHELE 10:05 PILATES RACHEL 11:05 EASY ENERGY SUSAN R 5:30 SPIN&PUMP CATHERINE 6:35 YOGA MANJU 7:35 PAMELA	6:15 TABATA JENN 8:00 DIANE 9:00 PUMPED+ MELISSA 9:00 EVERFIT DAVID 10:05 VITALITY stretch RACHEL 6:00 SETS+ CATHERINE	9:00 MICHELE 10:05 MICHELE 11:05 EASY ENERGY KELLY 6:30 KELLY	<div style="text-align: center;"> </div>			8:15 SPIN DAVID 9:20 EMILY

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