



AUGUST GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW! 8:00 MORNING SPIN TRISH 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L	EARLY CLASSES RETURNING IN THE FALL 8:00 MORNING SPIN TRISH 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L	9:00 CARDIO TABATA DAVID 10:05 Zen Blend CATHY 11:05 EASY ENERGY KELLY 6:30 ZUMBA TERESA	EARLY CLASSES RETURNING IN THE FALL 8:00 MORNING SPIN DAVID 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 CATHERINE 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	9:15 NIIT CATHERINE 10:20 ZUMBA SUSAN R NO YOGA TODAY LONG WEEKEND
		8:15 SPIN DAVID NO HIGH TODAY LONG WEEKEND	9:30 CARDIO CUTZ & CORE TRISH 	8:00 MORNING SPIN SUSAN P 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L	9:00 CARDIO TABATA DAVID 10:05 Zen Blend TRISH 11:05 EASY ENERGY KELLY 6:30 ZUMBA TERESA	8:00 MORNING SPIN DAVID 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL
8:15 SPIN DAVID 9:20 CATHERINE HIGH fitness	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE L 6:35 YOGA MANJU	8:00 MORNING SPIN SUSAN 9:00 PUMPED+ DAVID 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L	9:00 CARDIO TABATA DAVID 10:05 Zen Blend TRISH 11:05 EASY ENERGY KELLY 6:30 ZUMBA TERESA	8:00 MORNING SPIN DAVID 9:00 CARDIOCUTZ CATHERINE 9:00 EVERFIT DAVID 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL	9:00 HIGH fitness AMBER!! 10:05 YOGA RACHEL 11:05 ZUMBA GOLD SUSAN R	9:15 NIIT CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LISA
8:15 SPIN DAVID 9:20 EMILY HIGH fitness	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE L 6:35 YOGA MANJU	8:00 MORNING SPIN TRISH 9:00 PUMPED+ DAVID 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L	9:00 CARDIO TABATA DAVID 10:05 Zen Blend TRISH 11:05 EASY ENERGY KELLY 6:30 ZUMBA TERESA	8:00 MORNING SPIN DAVID 9:00 CARDIOCUTZ LANA 9:00 EVERFIT DAVID 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 CATHERINE 10:20 ZUMBA SUSAN R 11:30 YOGA LOUISE
8:15 SPIN DAVID 9:20 EMILY HIGH fitness	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP CATHERINE L 6:35 YOGA MANJU	8:00 MORNING SPIN TRISH 9:00 PUMPED+ DAVID 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L	9:00 CARDIO TABATA DAVID 10:05 Zen Blend TRISH 11:05 EASY ENERGY KELLY 6:30 ZUMBA TERESA	8:00 MORNING SPIN DAVID 9:00 CARDIOCUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch RACHEL 5:30 SPIN&PUMP TRISH 6:35 YOGA RACHEL		

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