

NOVEMBER - 2017 -- CALGARY PLACE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 11:15 AM		YOGA 11:15 AM		Rush 11:15 AM		YOGA 11:15 AM		TKO 12:05 PM					
06	Tammy W	07	Gary C	01	Catt W	02	Gita G	03	Cory F				
13	Tammy W	14	Gary C	08	Catt W	09	Gita G	10	Cory F				
20	Tammy W	21	Gary C	15	Catt W	16	Gita G	17	Cory F				
27	Tammy W	28	Gary C	22	Catt W	23	Gita G	24	Cory F				
MetX & Core 11:15 AM		CYCLE 12:05 PM		Force 12:05 PM		Zumba 12:05 PM		CYCLE 12:05 PM					
06	Shelby K	07	Karyn S	01	Patti H	02	Michelle B	03	Tammy W				
13	Shelby K	14	Karyn S	08	Patti H	09	Michelle B	10	Tammy W				
20	Shelby K	21	Karyn S	15	Patti H	16	Michelle B	17	Tammy W				
27	Shelby K	28	Karyn S	22	Patti H	23	Michelle B	24	Tammy W				
Force 12:05 PM		VIPR Athletic 12:05 PM		29	Patti H	30	Michelle B						
06	Elisa C	07	Cory F	CYCLE 12:05 PM		CYCLE 12:05 PM							
13	Elisa C	14	Catherine J	01	Scott W	02	Michelle W						
20	Elisa C	21	Catherine J	08	Scott W	09	Lorraine P						
27	Elisa C	28	Catherine J	15	Scott W	16	David B						
CYCLE 12:05 PM		CYCLE 4:45 PM		22	Scott W	23	Lorraine P						
06	Lorne S	07	Lorne S	29	Scott W	30	David B						
13	Lorne S	14	Lorne S	Zumba 4:45 PM									
20	Lorne S	21	Lorne S	01	Kim T								
27	Lorne S	28	Lorne S	08	Kim T								
Fire & Vpr 5:00 PM				15	Kim T								
06	Catherine J			22	Kim T								
13	Catherine J			29	Kim T								
20	Catherine J												
27	Catherine J												