

# JANUARY - 2019 -- 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			
07	Tammy W	01	<b>NO CLASS</b>	02	<b>NO CLASS</b>	03	Hailey C	04	Cory F		
14	Tammy W	08	Gary C	09	Catt W	10	Hailey C	11	Cory F		
21	Tammy W	15	Gary C	16	Catt W	17	Hailey C	18	Cory F		
28	Tammy W	22	Gary C	23	Catt W	24	Hailey C	25	Cory F		
MetX & Core 11:15 AM		29	Gary C	30	Catt W	31	Hailey C	CYCLE 12:05 PM			
07	Jason O	CYCLE 12:05 PM		Force 12:05 PM		Zumba^ 12:05 PM		04	David B		
14	Jason O	01	<b>NO CLASS</b>	02	<b>NO CLASS</b>	03	Kim T	11	Tammy W		
21	Jason O	08	Karyn S	09	Kelli H	10	Jessica M	18	David B		
28	Jason O	15	Karyn S	16	Kelli H	17	Kim T	25	Tammy W		
Force 12:05 PM		22	Karyn S	23	Kelli H	24	Jessica M				
		29	Karyn S	30	<b>TBA</b>	31	Kim T				
07	Elisa C	Vipr/TKO 12:05 PM		CYCLE 12:05 PM		CYCLE 12:05 PM					
14	Elisa C										
21	Elisa C	01	<b>NO CLASS</b>	02	<b>NO CLASS</b>	03	Lorraine P				
28	Elisa C	08	Cory F	09	Jessie F	10	Lorraine P				
CYCLE 12:05 PM		15	Jason O	16	Michelle W	17	Lorraine P				
07	Lorne S	22	Cory F	23	Michelle W	24	David B				
14	Lorne S	29	Jason O	30	Michelle W	31	David B				
21	Lorne S	CYCLE 4:45 PM									
28	Jessie F	01	<b>NO CLASS</b>								
		08	Lorne S								
		15	Lorne S								
		22	Lorne S								
		29	<b>TBA</b>								