

MARCH - 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			
04	Tammy W	05	Christine S	06	Catt W	07	Hailey C	01	Jason O		
11	Tammy W	12	Christine S	13	Catt W	14	Hailey C	08	Jason O		
18	Tammy W	19	Gary C	20	Catt W	21	Hailey C	15	Jason O		
25	Tammy W	26	Gary C	27	TBA	28	Hailey C	22	Jason O		
MetX & Core 11:15 AM		CYCLE 12:05 PM		Force 12:05 PM		Zumba^ 12:05 PM		Jason O			
04	Jason O	05	Karyn S	06	Kelli H	07	Kim T	CYCLE 12:05 PM			
11	Jason O	12	Karyn S	13	Kelli H	14	Michelle B	01	David B		
18	Jason O	19	Karyn S	20	Kelli H	21	Kim T	08	Tammy W		
25	Jason O	26	Karyn S	27	Kelli H	28	Michelle B	15	Tammy W		
Force 12:05 PM		Vipr/TKO 12:05 PM		CYCLE 12:05 PM		CYCLE 12:05 PM		22	David B		
04	Elisa C	05	Jason O	06	Michelle W	07	Lorraine P	29	Tammy W		
11	Elisa C	12	Jason O	13	David B	14	Lorraine P				
18	Elisa C	19	Jason O	20	Michelle W	21	Lorraine P				
25	Elisa C	26	Jason O	27	Michelle W	28	Lorraine P				
CYCLE 12:05 PM		CYCLE 4:45 PM									
04	Lorne S	05	Lorne S								
11	Lorne S	12	Lorne S								
18	Lorne S	19	Lorne S								
25	Lorne S	26	Lorne S								

◆ Information is subject to change

For an up to date group fitness schedule please visit
our website or download the World Health app