

AUGUST - 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					
05	NO CLASS	06	Hailey C	07	**Shane BHC	01	Nicole A	02	Cory F				
12	Tammy W	13	Hailey C	14	Catt W	08	Hailey C	09	**Shane BHC				
19	Tammy W	20	Hailey C	21	Catt W	15	Hailey C	16	Julie N ^				
26	Tammy W	27	Hailey C	28	Sunshine T	22	Hailey C	23	Cory F				
MetX & Core 11:15 AM		CYCLE 12:05 PM		Force 12:05 PM		Zumba^ 12:05 PM		CYCLE 12:05 PM					
05	NO CLASS	06	Karyn S	07	Kelli H	01	Michelle B	02	Tammy W				
12	Catt W	13	Karyn S	14	Kelli H	08	Vanessa M	09	Michelle W				
19	Catt W	20	Matthew W	21	Kelli H	15	Michelle B	16	David B				
26	Cory F	27	**Allan BHC	28	Kelli H	22	Cody O	23	Matthew W				
Force 12:05 PM		Vipr/TKO 12:05 PM		CYCLE 12:05 PM		CYCLE 12:05 PM		Lorraine P					
05	NO CLASS	06	Cory F	07	Michelle W	01	Lorraine P						
12	Elisa C	13	Jason O	14	Michelle W	08	Lorraine P						
19	Elisa C	20	Cory F	21	Michelle W	15	David B						
26	Elisa C	27	Jason O	28	**Shane BHC	22	David B						
Tread N Shred- 12:05 PM		CYCLE 4:45 PM				Lorraine P							
05	NO CLASS	06	Lorne S										
12	No class	13	Lorne S										
19	Cory F	20	Lorne S										
26	Cory F	27	Lorne S										
CYCLE 12:05 PM													
05	NO CLASS												
12	Lorne S												
19	Lorne S												
26	Lorne S												