

January Schedule 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body	Fitness/Spin	Mind/Body
		6:15 - 7:00am Cycle Bryanne			6:15 - 7:00am Yoga Flow Hailey/Christine	6:15 - 7:00am Cycle Bryanne		6:15 - 7:00am Cycle Jose			
AFTERNOON CLASSES											
11:00 - 11:45am Cycle Shane	Fitness Studio 12:05 - 12:50pm T/B/S Al	11:00 - 11:45am Fusion Sunshine		12:05 - 12:50pm Complete Core Chris	11:30 - 12:15pm Yoga Fundamentals Andrea	12:05 - 12:50pm Fusion Shane	11:00 - 11:45pm Yoga Flow Honorata	12:05 - 12:50 HIIT Bryanne		9:30 - 10:30am Cycle Plus Lorraine/Michelle	
12:05 - 12:50pm Cycle Bryanne		12:05 - 12:45pm VIPIR Shane	12:05 - 1:00pm Yoga Burn Honorata	12:05 - 12:50 Cycle Sarah		12:05 - 12:50pm Cycle Jessie		12:05 - 1:00pm Yoga for Life Christine			
1:05 - 1:50pm T/B/S Shane		1:05 - 1:50pm Circuit 201 Shane		1:05 - 1:50pm Navy Seals Bootcamp Shane		1:05 - 1:50pm Barbell Challenge Shane		1:05 - 1:50pm Spartan² Al		10:00 - 11:30pm Weekend Warriors Al	
EVENING CLASSES											
		5:30 - 6:30pm Cycle Plus Lonny									
										<p>Poker Power starts January 10th. Sign up now at Front Desk</p>	



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