

May 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 Hailev/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 AI	11:00 - 11:45am Fusion Sunshine		12:05 - 12:50pm Complete Core Chris	11:30 - 12:15pm Yoga Christine/Various	12:05 - 12:50pm Fusion Shane	11:00 - 11:45pm Yoga Honorata	12:05 - 12:50 HIIT Bryanne		9:30 - 10:30am Cycle Plus Lorraine/Michell	
12:05 - 12:50pm Cycle Bryanne		12:05 - 12:45pm ViPR Shane	12:05 - 1:00pm Yoga Honorata	12:05 - 12:50 Cycle Sarah	12:05 - 12:50pm Cycle Jessie	12:05 - 12:50pm Cycle Jessie	12:05 - 12:50pm Cycle Jessie	1:05 - 1:50pm Spartan² AI	12:05 - 1:00pm Yoga Christine		10:00 - 11:30pm Weekend Warriors AI
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						
EVENING CLASSES											
	No Classes May 20th				4:45 - 5:35pm Yoga Jess/Various						
		5:30 - 6:30pm Cycle Plus Lonny									
<p>NEW CLASS - Yoga Wednesday 4:45 - 5:35pm No Classes on May 20th Club Hours 8:00 - 6:00pm Check online for the latest instructor changes</p>											



Suite 402, 315 - 8th Avenue South West
 Calgary, Alberta, Canada T2P 4K1
www.bankershallclub.com