

# June 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 <b>Cycle</b> Bryanne			6:15 - 7:00am <b>Yoga</b> Hailev/Christine	6:15 - 7:00am <b>Cycle</b> Bryanne		6:15 - 7:00am <b>Cycle</b> Jose			
<b>AFTERNOON CLASSES</b>											
11:00 - 11:45am <b>Cycle</b> Shane	<b>Fitness Studio</b> 12:05 - 12:50pm <b>T/B/S</b> Al	11:00 - 11:45am <b>Fusion</b> Sunshine		12:05 - 12:50pm <b>Complete Core</b> Chris	11:30 - 12:15pm <b>Yoga</b> Christine/Various	12:05 - 12:50pm <b>Fusion</b> Shane	11:00 - 11:45pm <b>Yoga</b> Honorata	11:00 - 11:45pm <b>Spartan2</b> Al/Jason		9:30 - 10:30am <b>Cycle Plus</b> Lorraine/Michell	
12:05 - 12:50pm <b>Cycle</b> Bryanne		12:05 - 12:45pm <b>ViPR</b> Shane	12:05 - 1:00pm <b>Yoga</b> Honorata	12:05 - 12:50 <b>Cycle</b> Sarah	12:05 - 12:50pm <b>Cycle</b> Jessie	12:05 - 12:50pm <b>HIIT</b> Bryanne/Jason	12:05 - 1:00pm <b>Yoga</b> Christine				
1:05 - 1:50pm <b>T/B/S</b> Shane	12:05 - 1:00pm <b>Yoga</b> Christine	1:05 - 1:50pm <b>Circuit 201</b> Shane		1:05 - 1:50pm <b>Navy Seals Bootcamp</b> Shane		1:05 - 1:50pm <b>Barbell Challenge</b> Shane				10:00 - 11:30pm <b>Weekend Warriors</b> Al	
<b>EVENING CLASSES</b>											
					4:45 - 5:45pm <b>Mindfulness</b> <b>Open Studio</b> Time						
		5:30 - 6:30pm <b>Cycle Plus</b> Lonny									
<p><b>NEW CLASS - Yoga Monday 12:05 - 12:50pm</b>  <b>NEW TIME - Friday Spartan moved to 11:00am</b></p> <p><b>MINDFULNESS Wednesday 4:45 - 5:45pm is reserved studio time for your own yoga practise/meditation</b></p>											



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