

# August 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
	<b>No Classes Aug 5th</b>	6:15 - 7:00am <b>Cycle</b> Carrie			6:15 - 7:00am <b>Yoga</b> Hailev/Christine	6:15 - 7:00am <b>Cycle</b> Sarah		6:15 - 7:00am <b>Cycle</b> Jose			
AFTERNOON CLASSES											
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	12:05 - 12:50pm <b>Fusion</b> Shane	11:00 - 11:45pm <b>Yoga</b> Honorata	12:05 - 12:50 <b>HIIT</b> Shane/Jason			
12:05 - 12:50pm <b>Cycle</b> Carrie		12:05 - 12:45pm <b>ViPR</b> Shane	12:05 - 1:00pm <b>Yoga</b> Sarah	12:05 - 12:50 <b>Cycle</b> Sarah		12:05 - 12:50pm <b>Cycle</b> Jessie		1:05 - 1:50pm <b>Spartan2</b> Al	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		2:00 - 4:45 <b>PickleBall Play</b> Open Studio		10:00 - 11:30pm <b>Weekend Warriors</b> Al	
EVENING CLASSES											
	4:30-6:30pm <b>PickleBall Play</b> Open Studio				4:45 - 5:45pm <b>Mindfulness 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>NO CLASSES - Aug 5th</b>  <b>MINDFULNESS Wednesday 4:45 - 5:45pm is reserved</b>  <b>studio time for your own yoga practise/meditation</b>  <b>Check online for the latest instructor changes</b></p>											



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