

NORTH	MON	TUES	WED	THU	FRI	SAT	SUN						
	<h1 style="text-align: center;">AUGUST</h1> <p style="text-align: center;">FITNESS PLUS NORTH (403) 273-7450 www.fitnesspluscalgary.ca</p>						1						
6:15 - 7:15am													9:30-10:30 Spin Cancelled
9:30 - 10:30am													Ripped 1000 Lesley
12:05 - 12:55pm													10:40 - 11:40 Ext. Ripped 1000 Ali
5:30 - 6:30pm													
	2	3	4	5	6	7	8						
6:15 - 7:15am		Early spin Michelle		Cycle & Core Lesley			9:30-10:30 Spin Cancelled						
9:30 - 10:30am	Ext. Ripped 1000 Michelle	TKO Ron	Ripped/Chiseled Britt	Spin Britt	Ripped Slim/Lean Ali	Step Extra Britt	Ripped 1000 Ali						
12:05 - 12:55pm	Ripped & Chiseled Lesley	4:25-5:25 Ripped 1000 Michelle	Ext. Ripped Gina	4:25-5:25 Ripped 1000 Bonnie	Ripped Buffet Britt	10:40 - 11:40 Ripped/Chiseled Britt	10:40 - 11:40 Ripped/Chiseled Lesley						
5:30 - 6:30pm	Holiday NO CLASS	Ext. Ripped Bonnie	Spin Ali	Ext. Ripped Ali									
6:30 - 7:30pm	Holiday NO CLASS		Ext. Ripped Britt										
7:50 - 8:50pm	Holiday NO CLASS												
	9	10	11	12	13	14	15						
6:15 - 7:15am		Early spin Michelle		Cycle & Core Lesley			9:30-10:30 Spin Cancelled						
9:30 - 10:30am	Ripped 1000 Michelle	TKO Ron	Ext. Ripped Britt	Spin Britt	Ripped/Core Ali	Step Extra Kandi	Ripped 1000 Lesley						
12:05 - 12:55pm	Ripped/Core Lesley	4:25-5:25 Ripped 1000 Michelle	Ripped & Chiseled Ivy	4:25-5:25 Ext. Ripped Lesley	Ripped/Core Britt	10:40 - 11:40 Ripped Buffet Britt	10:40 - 11:40 Ext. Ripped Bonnie						
5:30 - 6:30pm	Spin Lesley	Ext. Ripped 1000 Laurie	Euro Tour Dave	Ripped 1000 Laurie									
6:30 - 7:30pm	Ripped/Core Britt		Ripped 1000 Ali										
7:50 - 8:50pm	Yoga Flow Heather												
	16	17	18	19	20	21	22						
6:15 - 7:15am		Early spin Michelle		Cycle & Core Lesley			9:30-10:30 Spin Cancelled						
9:30 - 10:30am	Ext. Ripped 1000 Michelle	TKO Ron	Ripped Chiseled Britt	Spin Britt	Ripped/Core Ali	Step Extra Britt	Ripped 1000 Jari						
12:05 - 12:55pm	Ripped Buffet Lesley	4:25-5:25 Ext. Ripped 1000 Lesley	Ripped Slim/Lean Ivy	4:25-5:25 Ripped with Love Jari	Ripped/Chiseled Britt	10:40 - 11:40 Ext. Ripped Gina	10:40 - 11:40 Ripped/Core Lesley						
5:30 - 6:30pm	Spin Laurie	Ripped 1000 Laurie	Euro Tour Ali	Ripped/Chiseled Laurie									
6:30 - 7:30pm	Ripped Buffet Britt		Ext. Ripped 1000 Britt										
7:50 - 8:50pm	Yoga Flow Kandi												
	23/30	24/31	25		27	28	29						
6:15 - 7:15am		Early spin Michelle		Cycle & Core Lesley									
9:30 - 10:30am	Ripped 1000/Ext.1000 Michelle/Britt	TKO Ron	Ripped /Core Britt	Spin Britt	Ext. Ripped Ali	Step Extra Ali	9:30-10:30 Spin Cancelled						
12:05 - 12:55pm	Ext. Ripped/Rip. Chiseled Lesley	4:25-5:25 Ripped with Love Jari	Ripped/ Core Gina	4:25-5:25 Ripped with Love Jari	Ripped Buffet Britt	10:40 - 11:40 Ripped Slim/Lean Ali	Ripped 1000 Lesley						
5:30 - 6:30pm	Spin Lesley/Laurie	Ripped Laurie	Euro Tour Dave	Ripped/Core Laurie			10:40 - 11:40 Ripped/Core Britt						
6:30 - 7:30pm	Ext. Ripped Britt		Ripped 1000 Ali										
7:50 - 8:50pm	Yoga Flow Kandi/Heather												