

SOUTH	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30 – 10:30am	<h1 style="text-align: center;">AUGUST</h1> <p style="text-align: center;">Fitness Plus South (403) 258-0333 www.fitnesspluscalgary.ca</p>						Ripped & Chiseled Ali
5:30 -6:30pm							No Class HOLIDAY!
	2	3	4	5	6	7	8
9:30 – 10:30	9:15-10:15am 50/50 Randi	Pilates Heather	9:15-9:45 Cardio 9:45-10:45 Ripped Slim/Lean Trish	6:10-7:00 Spin Michelle Variety Hour Ali	Ripped Buffet Lesley	Road Race Ali	Ripped 1000 Britt
10:40 – 11:40am	10:20-11:20am Ripped 1000 - Jari		10:45-11:45am Ripped - Lesley		Ripped/Chiseled Bonnie		
5:30 -6:30pm	No Class HOLIDAY!	Step Cardio Ali	Cardio Kick Box Lesley	6:15-7:15 Ripped/Core Bonnie	Ripped 1000 Ali	10:40-11:40 Pilates Sally	10:45-12:00pm Hatha & Yoga Nidra Meditation Shelley
6:40 – 7:40pm	No Class HOLIDAY!	Ext. Ripped 1000 Lesley	Pilates Cancelled			11:50-12:50pm Ripped Buffet Bonnie	
7:50 - 9:00pm			Yoga & Meditation Carole				
	9	10	11	12	13	14	15
9:30 – 10:30am	9:15-10:15am 50/50 Britt	Pilates Sharon	9:15-9:45 Cardio 9:45-10:45 Ext. Ripped Lesley	6:10-7:00 Spin Michelle Variety Hour Ali	Ripped 1000 Lesley	Road Race Lesley	Ext. Ripped Britt
10:40 – 11:40am	10:20-11:20am Ripped 1000 - Britt		10:45-11:45am Ripped - Lesley		Ripped 1000 Lesley		
5:30 -6:30pm	Ripped & Chiseled Ali	ZUMBA Elisa	Cardio Kick Box Lesley	6:15-7:15 Ripped/Core Ali	Ripped Slim & Lean Ali	10:40-11:40 Pilates Heather	10:45-12:00pm Hatha & Yoga Nidra Meditation Shelley
6:40 – 7:40pm	Spin Dave	Ripped/Core Lesley	Pilates Cancelled			11:50-12:50pm Ripped/Chiseled Ivy	
7:50 - 9:00pm			Yoga & Meditation Annemarie				
	16	17	18	19	20	21	22
9:30 – 10:30am	9:15-10:15am 50/50 Randi	Pilates Sharon	9:15-9:45 Cardio 9:45-10:45 Ripped/Core Trish	6:10-7:00 SPIN Michelle Variety Hour Ali	Ripped Slim/Lean Lesley	Road Race Londa	Ripped/Core Londa
10:40 – 11:40am	10:20-11:20am Ext. Ripped 1000 - Ali		10:45-11:45am Ripped - Lesley		Ripped/Chiseled Jari		
5:30 -6:30pm	Ripped to the Core Ali	ZUMBA Sheryl	Cardio Kick Box Lesley	6:15-7:15 Ripped/Core Bonnie	Ripped to the Core Ali	10:40-11:40 Pilates Sharon	10:45-12:00pm Hatha & Yoga Nidra Meditation Shelley
6:40 – 7:40pm	Spin Dave	Ext. Ripped Bonnie	Pilates Cancelled			11:50-12:50pm Ripped Slim/Lean Britt	
7:50 - 9:00pm			Yoga & Meditation Annemarie				
	23/30	24/31	25	26	27	28	29
9:30 – 10:30am	9:15-10:15am 50/50 Randi	Pilates Sharon	9:15-9:45 Cardio 9:45-10:45 Ripped/Chiseled Bonnie	6:10-7:00 Spin Michelle Variety Hour Ali	Ripped to the Core Lesley	Road Race Londa	Ext. Ripped 1000 Londa
10:40 – 11:40am	10:20-11:20am Ripped 1000 - Jari		10:45-11:45am Ripped - Lesley		Ripped 10000 Jari		
5:30 -6:30pm	Ripped Buffet Ali	ZUMBA Sheryl/Elisa	Cardio Kick Box Lesley	6:15-7:15 Ripped/Chiseled Gina	Extremely Ripped Ali	10:40-11:40 Pilates Sharon	10:45-12:00pm Hatha & Yoga Nidra Meditation Shelley
6:40 – 7:40pm	Spin Dave/Ali	Ripped/Core Bonnie/Ali	Pilates Cancelled			11:50-12:50pm Ripped/Chiseled Gina	
7:50 - 9:00pm			Yoga & Meditation Annemarie				