

SOUTH	MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4	5
9:30 – 10:30am			6:15-7:00 SPIN- MICHELLE 9:15-10:30 Buffet TRISH	Variety Hour SHERRI	Ripped Slim/Lean LESLEY	Road Race MARTINE	Ripped 1000 LONDA
10:40-11:40am			Ripped 1000 HC BRITT		Cardio Crazy LESLEY		
5:45 -6:45pm			Cardio Mix LESLEY	5:15-6:05 Zumba NO CLASS	Ripped Slim/Lean CARA	10:40-11:40 Pilates HEATHER	10:45-12:00 Hatha & Yoga Nidra Meditation SHERRI
6:40 – 7:40pm			6:50-8:00 Yoga/Meditation ANNEMARIE	6:15-7:15 Ripped 1000 HC LEIGH		11:50-12:50 Ex. Ripped Bonnie	
	6	7	8	9	10	11	12
9:30 – 10:30am	9:15-10:15 Body Moves RANDI	Pilates SHARON	6:15-7:00 SPIN- MICHELLE 9:15-10:30 Buffet TRISH	Variety Hour SHERRI	Ripped 1000 RIA	Road Race TRISH	Ripped/Chiseled LONDA
10:40-11:40am	10:25-11:25 Ripped 1000 CHRISTINE		Ripped 1000 HC BRITT		H.I.T.S. DEAN		
5:45 -6:45pm	Ripped 1000 CARA	ZUMBA SHERYL	H.I.T.S. DEAN	5:15-6:05 Zumba NO CLASS	Ex. Ripped 1000 BONNIE	10:40-11:40 Pilates TRISH	10:45-12:00 Hatha & Yoga Nidra Meditation SHELLEY
6:40 – 7:40pm	Spin LONDA	Ripped/Chiseled JEN	6:50-8:00 Yoga/Meditation ANNEMARIE	6:15-7:15 Ripped Slim/Lean LEIGH		11:50-12:50 Ripped 1000 RIA	
	13	14	15	16	17	18	19
9:30 -10:30	9:15-10:15 Body Moves RANDI	Pilates SHARON	6:15-7:00 SPIN- MICHELLE 9:15-10:30 Buffet TRISH	Variety Hour SHERRI	Ext. Ripped LESLEY	Road Race LESLEY	Ext. Ripped 1000 LONDA
10:40-11:40am	10:25-11:25 Ripped Buffet CHRISTINE		Ext. Ripped BRITT		Cardio Crazy LESLEY		
5:45 -6:45pm	Ripped/Chiseled CARA	Zumba NO CLASS	Cardio MIX LESLEY	5:15-6:05 Zumba NO CLASS	Ripped Slim/Lean CHERYL	10:40-11:40 Pilates HEATHER	10:45-12:00 Hatha & Yoga Nidra Meditation SHELLEY
6:40 – 7:40pm	Spin DAVE	Ripped Buffet JEN	6:50-8:00 Yoga/Meditation ANNEMARIE	6:15-7:15 Ripped 1000 HC LEIGH		11:50-12:50 Ripped Buffet IVY	
	20	21	22	23	24	25	26
9:30 – 10:30am	FAMILY DAY!	Pilates SHARON	6:15-7:00 SPIN- MICHELLE 9:15-10:30 Buffet TRISH	Variety Hour SHERRI	Ripped Slim/Lean LESLEY	Road Race TRISH	Ripped 1000 LONDA
10:40-11:40am	RIPPED-A-THON		Ripped 1000 HC BRITT		Cardio Crazy LESLEY		
5:45 -6:45pm	RIPPED-A-THON	Zumba SHERYL	Cardio MIX LESLEY	5:15-6:05 Zumba SHERYL	Ripped 1000 CARA	10:40-11:40 Pilates TRISH	10:45-12:00 Hatha & Yoga Nidra Meditation SHELLEY
6:40 – 7:40pm	RIPPED-A-THON	Extremely Ripped 1000 JEN	6:50-8:00 Yoga/Meditation ANNEMARIE	6:15-7:15 Ripped/Chiseled LEIGH		11:50-12:50 Ripped/Chiseled IVY	
	27	28	29				
9:30 – 10:30am	9:15-10:15 Body Moves RANDI	Pilates SHARON	6:15-7:00 SPIN- MICHELLE 9:15-10:30 Buffet TRISH		FEBRUARY Fitness Plus South 10401 Braeside Drive SW Calgary, AB T2W 1B5 (403) 258-0333 www.fitnesspluscalgary.ca		
10:40-11:40am	10:25-11:25 Ripped 1000 CHRISTINE		Ripped/Core BRITT				
5:45 -6:45pm	Ripped /Chiseled CHERYL	Zumba SHERYL	Cardio Mix LESLEY				
6:40 – 7:40pm	Spin DAVE	Ripped 1000 JEN	6:50-8:00 Yoga/Meditation ANNEMARIE				