

## JUNE 2019 BIG SKY FITNESS CLASS SCHEDULE

PLEASE NOTE: GF LEADERS MAY CHANGE WITHOUT NOTICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:15 Spin Strong Gina 10:30 Step It Up Sari</p>	<p>3</p> <p>9:15 Complete Mix Karen 10:30 Simplified Step Judi 11:40 Hatha Yoga Alicia</p> <p>5:30 HIIT Plus Andrea B. 6:30 Complete Mix Siiri 7:45 Yin/Yang Yoga Kelly B.</p>	<p>4</p> <p>9:15 Bootcamp Marjorie 10:30 Barre Fitness Aditi 11:40 Easy Variations Judi</p> <p>5:30 Crank It! Kelly E. 6:30 Zumba Catherine 7:45 Yoga Stretch Shelley</p>	<p>5</p> <p>9:15 Zumba Catherine 10:30 Hatha Yoga Alicia</p> <p>5:30 Bootcamp Carrie 6:30 Step &amp; Strength Jan 7:45 Barre Fitness Aditi</p>	<p>6</p> <p>9:15 Step &amp; Strength Karen 10:30 Tabata Blast Judi 11:40 Easy Variations Judi</p> <p>5:30 Spin Strong Kelly E. 6:45 Power Mix Karen</p>	<p>7</p> <p>9:15 Power Mix Gisele 10:30 Yoga Renew Kelly B.</p> <p>6:00 Zumba Martha O.</p>	<p>1</p> <p>9:15 Zumba Martha O. 10:30 Complete Mix Gina 11:40 Barre Fitness Judi</p> <hr/> <p>8</p> <p>9:15 Zumba Martha O. 10:30 Kick Mix Marjorie 11:40 Body Ball Carmaine</p>
<p>9</p> <p>9:15 Spin Strong Carmaine 10:30 Step It Up Suzanne</p>	<p>10</p> <p>9:15 Complete Mix Karen 10:30 Simplified Step Judi 11:40 Hatha Yoga Alicia</p> <p>5:30 HIIT Plus Siiri 6:30 Complete Mix Marie 7:45 Yin/Yang Yoga Kelly B.</p>	<p>11</p> <p>9:15 Bootcamp Marjorie 10:30 Barre Fitness Aditi 11:40 Easy Variations Judi</p> <p>5:30 Crank It! Kelly E. 6:30 Zumba Catherine 7:45 Yoga Stretch Shelley</p>	<p>12</p> <p>9:15 Zumba Catherine 10:30 Hatha Yoga Alicia</p> <p>5:30 Tabata Blast Siiri 6:30 Step It Up Sari 7:45 Balanced Body Yoga Aditi</p>	<p>13</p> <p>9:15 Step &amp; Strength Karen 10:30 Tabata Blast Judi 11:40 Easy Variations Judi</p> <p>5:30 Spin Strong Aundrea 6:45 Power Mix Karen</p>	<p>14</p> <p>9:15 Power Mix Gisele 10:30 Yoga Renew Kelly B.</p> <p>6:00 Zumba Martha O.</p>	<p>15</p> <p>9:15 Zumba Martha O. 10:30 Complete Mix Gina 11:40 Barre Fitness Erika</p>
<p>16</p> <p>9:15 Spin Strong Gina 10:30 Step It Up Sari</p>	<p>17</p> <p>9:15 Complete Mix Karen 10:30 Simplified Step Judi 11:40 Hatha Yoga Alicia</p> <p>5:30 HIIT Plus Siiri 6:30 Complete Mix Marie 7:45 Yin/Yang Yoga Kelly B.</p>	<p>18</p> <p>9:15 Bootcamp Gisele 10:30 Barre Fitness Aditi 11:40 Easy Variations Judi</p> <p>5:30 Crank It! Kelly E. 6:30 Zumba Catherine 7:45 Yoga Stretch Shelley</p>	<p>19</p> <p>9:15 Zumba Catherine 10:30 Hatha Yoga Alicia</p> <p>5:30 Bootcamp Carrie 6:30 Step &amp; Strength Jan 7:45 Barre Fitness Aditi</p>	<p>20</p> <p>9:15 Step &amp; Strength Karen 10:30 Tabata Blast Judi 11:40 Easy Variations Judi</p> <p>5:30 Spin Strong Aundrea 6:45 Power Mix Karen</p>	<p>21</p> <p>9:15 Power Mix Marjorie 10:30 Yoga Renew Kelly B.</p> <p>6:00 Zumba Martha O.</p>	<p>22</p> <p>9:15 Zumba Martha O. 10:30 Kick Mix Marjorie 11:40 Body Ball Jan</p>
<p>23</p> <p>9:15 Spin Strong Kelly E. 10:30 Step It Up Suzanne</p>	<p>24</p> <p>9:15 Complete Mix Karen 10:30 Simplified Step Judi 11:40 Hatha Yoga Alicia</p> <p>5:30 HIIT Plus Andrea B. 6:30 Complete Mix Siiri 7:45 Yin/Yang Yoga Kelly B.</p>	<p>25</p> <p>9:15 Bootcamp Gisele 10:30 Barre Fitness Aditi 11:40 Easy Variations Judi</p> <p>5:30 Crank It! Gina 6:30 Zumba Catherine 7:45 Yoga Stretch Shelley</p>	<p>26</p> <p>9:15 Zumba Catherine 10:30 Hatha Yoga Alicia</p> <p>5:30 Tabata Blast Siiri 6:30 Step It Up Sari 7:45 Balanced Body Yoga Aditi</p>	<p>27</p> <p>9:15 Step &amp; Strength Karen 10:30 Mind Body Mix Judi 11:40 Easy Variations Judi</p> <p>5:30 Spin Strong Aundrea 6:45 Power Mix Siiri</p>	<p>28</p> <p>9:15 Power Mix Marjorie 10:30 Yoga Renew Kelly B.</p> <p>6:00 Zumba Martha O.</p>	<p>29</p> <p>9:15 Zumba Martha O. 10:30 Complete Mix Carmaine 11:40 Barre Fitness Marjorie</p>
<p>30</p> <p>9:15 Spin Strong Gina 10:30 Step It Up Sari</p>						

\*CYCLE CLASSES REQUIRE REGISTRATION WITH THE FRONT DESK UP TO 24 HOURS IN ADVANCE  
BIG SKY FITNESS 5720 Silver Springs Blvd. NW Calgary, AB 403-247-9400 WEBSITE: FITNESS-NW.COM

**CLUB HOURS**  
Monday-Friday 5:30am – 10:00pm  
Saturday & Sunday 7:00am – 8:00pm  
Statutory Holidays 8:00am-4:00pm