

September 2020 BIG SKY FITNESS – SILVER SPRINGS GROUP FITNESS CLASS SCHEDULE

ALL CLASSES ARE CO-ED / ALL CLASSES REQUIRE REGISTRATION: To sign up, please use the BSF APP or phone in or talk with the front desk staff

Leaders and/or Classes May Change Without Notice

Please check the website and/or App to confirm length of class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>30</p> <p>10:30 Step It Up 11:45 Therapeutic Yoga</p>	<p>31</p> <p>9:15 Complete Mix 10:30 Simplified Step 11:45 Hatha Yoga</p> <p>5:30 Total Body Blast 6:45 Yin/Yang Yoga</p>	<p>1</p> <p>9:15 Total Body Bootcamp 10:30 Barre Fitness 11:45 Easy Variations</p> <p>5:30 Zumba 7:00Yoga Stretch</p>	<p>2</p> <p>9:15 Zumba 10:30 Hatha Yoga</p> <p>5:30 NEW!! HEAVY HIIT 6:45 Targeted Core</p>	<p>3</p> <p>9:15 Step & Strength 10:30 Tabata Blast 11:45 Easy Variations</p> <p>5:30 Complete Mix 6:45 BBB</p>	<p>4</p> <p>8:15am - HIIT the Turf NEW!!</p> <p>9:15 Power Mix 10:30 Yoga Renew</p> <p>6:00 Zumba</p>	<p>5</p> <p>9:15 Zumba 10:30 Kick Mix</p>	
<p>6</p> <p>10:30 Step It Up 11:45 Therapeutic Yoga</p>	<p>7</p> <p>9:15 Complete Mix 10:30 Simplified Step 11:45 Hatha Yoga</p> <p style="text-align: center;">LABOUR DAY STAT HOLIDAY MORNING CLASSES ONLY</p>	<p>8</p> <p>9:15 Total Body Bootcamp 10:30 Barre Fitness 11:45 Easy Variations</p> <p>5:30 Zumba 7:00Yoga Stretch</p>	<p>9</p> <p>8:15am - HIIT the Turf NEW!!!</p> <p>9:15 Zumba 10:30 Hatha Yoga</p> <p>5:30 NEW!! HEAVY HIIT 6:45 Barre Fitness</p>	<p>10</p> <p>6:00am - Total Body Bootcamp NEW!!</p> <p>9:15 Step & Strength 10:30 Tabata Blast 11:45 Easy Variations</p> <p>5:30 Complete Mix 6:45 BBB</p>	<p>11</p> <p>8:15am - HIIT the Turf NEW!!</p> <p>9:15 Power Mix 10:30 Yoga Renew</p> <p>6:00 Zumb</p>	<p>12</p> <p>9:15 Zumba 10:30 Complete Mix</p>	
<p>13</p> <p>10:30 Step It Up 11:45 Therapeutic Yoga</p>	<p>14</p> <p>8:15am - Complete Mix NEW!!</p> <p>9:15am - STRONG Nation NEW 10:30 Simplified Step 11:45 Hatha Yoga</p> <p>5:30 Total Body 6:45 Yin/Yang Yoga</p>	<p>15</p> <p>9:15 Total Body Bootcamp 10:30 Barre Fitness 11:45 Easy Variations</p> <p>5:30 Zumba 7:00Yoga Stretch</p>	<p>16</p> <p>8:15am - HIIT the Turf NEW!!!</p> <p>9:15 Zumba 10:30 Hatha Yoga</p> <p>5:30 NEW!! HEAVY HIIT 6:45 Core & Deep Stretch</p>	<p>17</p> <p>6:00am - Total Body Bootcamp NEW!!</p> <p>9:15 Step & Strength 10:30 Tabata Blast 11:45 Easy Variations</p> <p>5:30 Complete Mix 6:45 BBB</p>	<p>18</p> <p>8:15am - HIIT the Turf NEW!!</p> <p>9:15 Power Mix 10:30 Yoga Renew</p> <p>6:00 Zumba</p>	<p>19</p> <p>9:15 Zumba 10:30 Kick Mix</p>	
<p>20</p> <p>10:30 Step It Up 11:45 Therapeutic Yoga</p>	<p>21</p> <p>8:15am - Complete Mix NEW!!</p> <p>9:15am - STRONG Nation NEW 10:30 Simplified Step 11:45 Hatha Yoga</p> <p>5:30 Total Body Blast 6:45 Yin/Yang Yoga</p>	<p>22</p> <p>9:15 Total Body Bootcamp 10:30 Barre Fitness 11:45 Easy Variations</p> <p>5:30 Zumba . 7:00 Yoga Stretch</p>	<p>23</p> <p>8:15am - HIIT the Turf NEW!!!</p> <p>9:15 Zumba 10:30 Hatha Yoga</p> <p>5:30 NEW!! HEAVY HIIT 6:45 Barre Fitness</p>	<p>24</p> <p>6:00am - Total Body Bootcamp NEW!!</p> <p>9:15 Step & Strength 10:30 Fusion 11:45 Easy Variations</p> <p>5:30 Complete Mix 6:45 BBB</p>	<p>25</p> <p>8:15am - HIIT the Turf NEW!!</p> <p>9:15 Power Mix 10:30 Yoga Renew</p> <p>6:00 Zumba</p>	<p>26</p> <p>9:15 Zumba 10:30 Complete Mix</p>	
<p>27</p> <p>10:30 Step It Up 11:45 Therapeutic Yoga</p>	<p>28</p> <p>8:15am - Complete Mix NEW!!</p> <p>9:15am - STRONG Nation NEW 10:30 Simplified Step 11:45 Hatha Yoga</p> <p>5:30 Total Body Blast 6:45 Yin/Yang Yoga</p>	<p>29</p> <p>9:15 Total Body Bootcamp 10:30 Barre Fitness 11:45 Easy Variations</p> <p>5:30 Zumba 7:00 Yoga Stretch</p>	<p>30</p> <p>8:15am - HIIT the Turf NEW!!!</p> <p>9:15 Zumba 10:30 Hatha Yoga</p> <p>5:30 NEW!! HEAVY HIIT 6:45 Core & Deep Stretch</p>	<p>BIG SKY FITNESS 5720 Silver Springs Blvd. NW Calgary, AB</p> <p>403-252-2222 Website: bigskyfitness.ca</p> <p style="text-align: center;">CLUB HOURS</p> <p>Monday-Friday 5:00am - 10:00pm Saturday-Sunday 7:00am - 8:00pm Statutory Holidays 7:00am - 4:00pm</p>			