





Suite B1 10655 | Southport RD SW | Calgary, AB T2W 4Y1 | 403.910.5088

GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Stretch & Flow 8:00 - 9:00 Daniel
	Freedom Flow 9:00 - 10:00 Dasha	Hips / Tone 9:15 - 10:15 Falicia	Yin / Yang Yoga 9:15 - 10:15 Dasha	Anything can Happen 9:00 - 10:00 Daniel	Cardio Core 9:15 - 10:15 Daniel
Detox Yoga 10:30-11:30 Nancy		Power Yoga 10:30 - 11:30 Nancy	Healing Yoga 10:30 - 11:30 Nancy	Freedom Flow Yoga 10:15 - 11:15 Dasha	Yin / Yang Yoga 10:30 - 11:30 Dasha
Freestyle Flow 12:15 - 1:00 Falicia	Sore to the Core 12:15 - 1:00 Eli	Upper Body Shred 12:15 - 1:00 Tabitha	Circuit Pump 12:15 - 1:00 Daniel / Tricia	Bikini Butt 12:15 - 1:00 Tabitha	
Abs & Ass 4:45 - 5:45 Daniel	Rock your Body 5:15 - 6:15 Tabitha	Pranayama / Guided Meditation 5:00 - 6:00 Nancy	Rock your Body 5:15 - 6:15 Tabitha	Cardio Kickbox 5:00 - 6:00 Daniel	
Power Yoga 6:00 - 7:00 Nancy	Detox Yoga 6:30 - 7:30 Nancy	Metabolic Conditioning 6:15 - 7:15 Eli	HIFI Intermediate 6:30 - 7:30 Daniel		
Cardio Kickboxing 7:15 - 8:15 Daniel		<p><i>For current class updates, please check our Facebook and Instagram pages</i></p> <p>  @worldgymcalgarysouthland  @worldgymcalgary </p>			