



April 2nd-June 30th



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

GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<u>CLASS INFORMATION</u>
	Yoga Sculpt 9:15 - 10:15 Madeline	Power Yoga 9:15 - 10:15 Nancy	Power Yoga 9:15 - 10:15 Nancy	Detox Yoga 9:15 - 10:15 Nancy	Zumba 9:30 - 10:30 Marina	1. Sign up 2 hours in advance online using our PunchPass app
Detox Yoga 10:30 - 11:30 Nancy	Yang Yin 10:30 - 11:30 Madeline	Alpha Meditation 10:30 - 11:30 Nancy	Alpha Meditation 10:30 - 11:30 Nancy	Pranayama / Guided Meditation 10:30 - 11:30 Nancy	Yoga Sculpt 10:45 - 11:45 Madeline	2. Stop by the Front Desk on your way in to grab your Class Pass! Show this to the instructor to join the class
Zumba 12:15 - 1:00 Marina	Sore to the Core 12:15 - 1:00 Eli	Zumba 12:15 - 1:00 Marina	Zumba 12:15 - 1:00 Marina	Sore to the Core 12:15 - 1:00 Eli		3. We do not allow entry after 5 minutes of class start time for health and safety reasons
Abs & Ass 5:15 - 6:15 Eli	Zumba 5:15 - 6:15 Marina	Zumba 5:15 - 6:15 Marina	HIFI Intermediate 5:15 - 6:15 Eli	Cardio Kickbox 5:15 - 6:15 Eli & Coby		4. If you have any injuries or limitations, let our instructors know before class and they would love to help you out!
Cardio Kickbox 6:30 - 7:30 Eli & Coby	Bootcamp 6:30 - 7:30 Eli	Metabolic Conditioning 6:30 - 7:30 Eli	Zumba 6:30 - 7:30 Marina			5. If you have signed up and cannot make the class, please call 403-910-5088 or remove yourself online
		<u>Sign up online using the link below!</u>  wgsouthland.punchpass.com		<u>For current class updates, please check our Facebook page!</u>  @worldgymcalgarysouthland		6. All of our classes are meant for every fitness level. <u>Try your best and have fun!</u>