

July 3rd – Sept 30th

GROUP CLASS SCHEDULE

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am	Power Yoga Nancy	Zumba Liliana	Detox Yoga Nancy	Power Yoga Nancy	Zumba Liliana	Bootcamp (9:00am-10:00am) Eli
12:15pm-1:00pm	Zumba Luciana	Sore to the Core Eli	Strong Luciana	Zumba Luciana	RIPPED Coby	Zumba (10:15am-11:15am) Mindy
5:00pm-6:00pm	Abs & Ass Eli	Zumba Mindy	Zumba Luciana	Abs & Ass Eli		
6:15pm-7:15pm	Body Blast Coty	Bootcamp Eli	RIPPED Eli	Body Blast Coty		
7:30pm-8:30pm	HIIT & Kick Coby	Detox Yoga & Meditation Nancy	HIIT & Kick (45 mins) Coby			
			<p><i>Sign up online using the link below!</i></p> <p> wgsouthland.punchpass.com</p>		<p><i>For current class updates, please check our Facebook page!</i></p> <p> @worldgymcalgarysouthland</p>	