



Oct 1-Dec 21st

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

GROUP CLASS SCHEDULE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<u>CLASS INFORMATION</u>
7:30-8:30am	Bootcamp (Jenaya)	Zumba (Liliana)	R.I.P.P.E.D (Coby)	Bootcamp (Jenaya)	Zumba (Liliana)	Bootcamp 9:00-10:00am (Eli)	1. Please sign up 2 hours in advance online using our PunchPass app
10:15-11:15am	Chicks with Sticks (Jenaya)	Power Flow (Morgan)	Abs & Ass (Coby)	Chicks with Sticks (Jenaya)	Power Flow (Morgan)	Zumba (Mindy)	2. Stop by the Front Desk on your way in to grab your Class Pass or show your VIP band to the instructor to join the class
12:10-12:50pm	Zumba (Luciana)	Strong (Luciana)	R.I.P.P.E.D (Eli)	Zumba (Luciana)	R.I.P.P.E.D (Coby)		3. We do not allow entry after 5 minutes of class start time for health and safety reasons
5:30-6:30pm	Abs & Ass (Eli)	Zumba (Mindy)	Zumba (Luciana)	Abs & Ass (Eli)	Strong (Luciana) (5:30-6:15pm)		4. If you have any injuries or limitations, let our instructors know before class and they would love to help you out!
6:45-7:45pm	Body Blast (Coby)	Bootcamp (Eli)	R.I.P.P.E.D (Eli)	Body Blast (Coby)			5. If you have signed up and cannot make the class, please call 403-910-5088 or remove yourself online
<i>Sign up online using the link below!</i> @worldgymcalgarysouthland wgsouthland.punchpass.com @worldgymcalgary				For current class updates, please check our Facebook & Instagram page!			6. All of our classes are meant for every fitness level. Try your best and have fun!