


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p align="center">FEBRUARY 2012 CLASS SCHEDULE</p> <p align="center">403-341-5999</p> <p align="center">See our Schedule at www.onlywomensrd.ca</p> <p align="center">Noon classes are 40 Minutes</p> <p align="center">Mild classes are 45 Minutes</p> <p align="center">All other classes are 55 Minutes</p> <p align="center">Our Instructors are AFLCA Certified</p> <p align="center">FITNESS IS A JOURNEY, NOT A DESTINATION!</p> <p align="center">CHECK OUT OUR GREAT CLASSES IN FABULOUS FEBRUARY!</p>			<p>6:30 17/17/17 Brittany</p> <p>9:15 Tabata Char G</p> <p>10:30 Ride 1 Petrea</p> <p>12:10 Power Sculpt Monica</p> <p>1:30 Yoga Ladina</p> <p>4:50 Tabata Jude</p> <p>6:00 Zumba Missy</p> <p>7:05 Step & Tone Carolynne</p>	<p>6:15 Ride 1 Char A</p> <p>9:15 Step 2 Vicki</p> <p>10:30 Ultimate Stretch Vicki</p> <p>12:10 Inter. Step & Wgt Janine</p> <p>4:50 3, 2, 1 Janet</p> <p>6:00 Stacked Brie</p> <p>7:05 Yoga Ladina</p>	<p>6:30 Rise n' Shine Boot Camp Brittany</p> <p>9:15 3, 2, 1 Janet</p> <p>10:30 No Experience Carolynne</p> <p>12:10 Ride 1 Janine</p> <p>4:50 Instructors Choice Jude</p>	<p>8:15 -9:15 Ride 2 Jude</p> <p>9:30 - 10:45 Superfit Char A</p> <p>12:00 -1:00 Yoga Ladina</p>	
<p>9:30 - 10:30 Sunday Super Circuit Brie</p> <p>10:45 - 11:15 Easy Rider Brie</p>	<p>6:30 Glide n' Cardio Monica</p> <p>9:15 Tabata Brittany</p> <p>10:30 Zumba Missy</p> <p>12:10 Stacked Janine</p> <p>1:00 Ride 1 Vicki</p> <p>4:50 Step 2 Janet</p> <p>6:00 Interval Step & Wgt Paras</p> <p>7:05 No Experience Char G</p>	<p>9:15 Glide n' Cardio Janet</p> <p>10:30 Mini Tabata Vicki</p> <p>12:10 Strong & Stable Brittany</p> <p>4:50 Interval Step & Wgt Char A</p> <p>6:00 Mini Tabata Janine</p> <p>6:55 Ride 2 Jude</p>	<p>6:30 Tabata Char A</p> <p>9:15 Step 2 Vicki</p> <p>10:30 Ride 1 Petrea</p> <p>12:10 17, 17, 17 Brittany</p> <p>1:30 Yoga Ladina</p> <p>4:50 Strong & Stable Jude</p> <p>6:00 Zumba Missy</p> <p>7:05 Intro SS/Step 1 Char G</p>	<p>6:15 Ride 1 Brittany</p> <p>9:15 Interval Step & Wgt Char G</p> <p>10:30 Ultimate Stretch Char G</p> <p>12:10 Tabata Brie</p> <p>No 4:50pm or 6pm class Instructor Professional Development</p> <p>7:05 Yoga Ladina</p>	<p>6:30 Rise n' Shine Boot Camp Char A</p> <p>9:15 Kickbox Janine</p> <p>10:30 Step & Tone Vicki</p> <p>12:10 Ride 1 Brittany</p> <p>4:50 Instructors Choice Paras</p>	<p>8:15 -9:15 Ride 2 Char A</p> <p>9:30 - 10:45 Superfit Brittany</p> <p>12:00 -1:00 Yoga Ladina</p> <p>1:15 - 2:15 Instructor In Training Keri *please sign up for this class</p>	
<p>9:30 - 10:30 Sunday Super Circuit Jude</p> <p>10:45 - 11:15 Easy Rider Jude</p>	<p>6:30 Stacked Monica</p> <p>9:15 Stacked Brittany</p> <p>10:30 Intro SS/Step 1 Janet</p> <p>12:10 Inter. Step & Wgt Janine</p> <p>1:00 Ride 1 Vicki</p> <p>4:50 Glide n' Cardio Jude</p> <p>6:00 Power Sculpt Paras</p> <p>7:05 No Experience Char G</p>	<p>9:15 Strong & Stable Janine</p> <p>10:30 Mini Tabata Brittany</p> <p>12:10 Step 2 Vicki</p> <p>4:50 3, 2, 1 Janet</p> <p>6:00 Step & Tone Paras</p> <p>6:55 Ride 2 Char A</p>	<p>6:30 Interval Step & Wgt Jude</p> <p>9:15 3, 2, 1 Janet</p> <p>10:30 Ride 1 Petrea</p> <p>12:10 Power Sculpt Monica</p> <p>1:30 Yoga Ladina</p> <p>4:50 Tabata Janine</p> <p>6:00 Zumba Missy</p> <p>7:05 Step 1 Carolynne</p>	<p>6:15 Ride 1 Jude</p> <p>9:15 Glide n' Cardio Janine</p> <p>10:30 Ultimate Stretch Brittany</p> <p>12:10 Stacked Vicki</p> <p>4:50 Step 2 Carolynne</p> <p>6:00 Tabata Char G</p> <p>7:05 Yoga Ladina</p>	<p>6:30 Rise n' Shine Boot Camp Brittany</p> <p>9:15 Zumba Missy</p> <p>10:30 No Experience Carolynne</p> <p>12:10 Ride 1 Char G</p> <p>4:50 Instructors Choice Lisa</p>	<p>8:15 -9:15 Ride 2 Vicki</p> <p>9:30 - 10:45 Superfit Jude</p> <p>12:00 -1:00 Yoga Ladina</p>	
<p>9:30 - 10:30 Sunday Super Circuit Vicki</p> <p>10:45 - 11:15 Easy Rider Vicki</p>	<p align="center">FAMILY DAY!</p> <p align="center">Club Hours 9am - 3pm</p> <p align="center">No Classes</p> <p align="center">No Childminding</p>	<p>9:15 Glide n' Cardio Vicki</p> <p>10:30 Step & Tone Carolynne</p> <p>12:10 17, 17, 17 Lisa</p> <p>4:50 Power Sculpt Char A</p> <p>6:00 Intro SS/Step 1 Paras</p> <p>6:55 Ride 2 Brie</p>	<p>6:30 Stacked Char A</p> <p>9:15 Interval Step & Wgt Brittany</p> <p>10:30 Ride 1 Petrea</p> <p>12:10 Interv. Step & Wgt Carolynne</p> <p>1:30 Yoga Ladina</p> <p>4:50 Stacked Char A</p> <p>6:00 Zumba Missy</p> <p>7:05 Mini Tabata Brie</p>	<p>6:15 Ride 1 Char A</p> <p>9:15 Strong & Stable Char G</p> <p>10:30 Ultimate Stretch Char G</p> <p>12:10 Step 2 Vicki</p> <p>4:50 Stacked Brie</p> <p>6:00 Step 2 Paras</p> <p>7:05 Yoga Ladina</p>	<p>6:30 Rise n' Shine Boot Camp Brittany</p> <p>9:15 Step 2 Vicki</p> <p>10:30 Zumba Missy</p> <p>12:10 Ride 1 Char A</p> <p>4:50 Instructors Choice Brie</p>	<p>8:15 -9:15 Ride 2 Char A</p> <p>9:30 - 10:45 Superfit Lisa</p>	
<p>9:30 - 10:30 Sunday Super Circuit Char A</p> <p>10:45 - 11:15 Easy Rider Char A</p>	<p>6:30 Tabata Monica</p> <p>9:15 Stacked Brittany</p> <p>10:30 Step & Tone Carolynne</p> <p>12:10 Strong & Stable Vicki</p> <p>1:00 Spin n' Soul Lisa</p> <p>4:50 Tabata Jude</p> <p>6:00 Power Sculpt Char G</p> <p>7:05 No Experience Brie</p>	<p>9:15 Glide n' Cardio Vicki</p> <p>10:30 Mini Tabata Brittany</p> <p>12:10 Tabata Lisa</p> <p>4:50 Glide n' Cardio Char A</p> <p>6:00 Step 1 Paras</p> <p>6:55 Ride 2 Brie</p>	<p>6:30 Glide n' Cardio Char A</p> <p>9:15 Tabata Char G</p> <p>10:30 Ride 1 Petrea</p> <p>12:10 Power Sculpt Monica</p> <p>1:30 Yoga Ladina</p> <p>4:50 Strong & Stable Jude</p> <p>6:00 Zumba Missy</p> <p>7:05 Step & Tone Paras</p>	 <p>www.onlywomensrd.ca</p>			