

NOVEMBER - 2017 -- BAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba (40m) 11:25 AM	CYCLE 12:05 PM	TKO 12:10 PM	Tread N Shred- 12:05 PM	CYCLE 12:10 PM		
06 Jessica M	07 Amanda M	01 Cory F	02 Russell* P	03 David B		
13 Jessica M	14 Amanda M	08 Cory F	09 Russell* P	10 Michelle W		
20 Jessica M	21 Amanda M	15 Cory F	16 Russell* P	17 Jose B		
27 Jessica M	28 Amanda M	22 Cory F	23 Russell* P	24 David B		
Tread N Shred- 12:05 PM	LIFT 12:10 PM	CYCLE 12:10 PM	CYCLE 12:05 PM	LIFT 12:10 PM		
06 Russell* P	07 Noel F	01 Jose B	02 Lorne S	03 Marcus A		
13 Russell* P	14 Noel F	08 Jose B	09 Lorne S	10 Marcus A		
20 Russell* P	21 Noel F	15 Jose B	16 Lorraine P	17 Marcus A		
27 Russell* P	28 Noel F	22 Jose B	23 Lorne S	24 Marcus A		
Rush 12:10 PM	Tread N Shred- 5:15 PM	29 Jose B	30 Lorraine P			
06 Catt W	07 Kim M	LIFT 5:15 PM	Force 12:10 PM			
13 Catt W	14 Kim M	01 Messias G	02 Marjorie M			
20 Catt W	21 Kim M	08 Messias G	09 Marjorie M			
27 Catt W	28 Kim M	15 Messias G	16 TBA			
CYCLE 12:10 PM		22 Messias G	23 Marjorie M			
06 Lorraine P		29 Messias G	30 Marjorie M			
13 Lorraine P			YOGA 1:10 PM			
20 Lorraine P			02 Hailey C			
27 Lorraine P			09 Gary C			
CYCLE 5:00 PM			16 Gary C			
06 Lorne S			23 Gary C			
13 Lorne S			30 Gary C			
20 Lorne S						
27 Lorne S						

Registered Programs are paid programs. Please visit any World Health Club for more information.**

◆ 2006 International Fitness Holdings Inc. All Rights Reserved. WebDesign by Bryan Development.