

DECEMBER - 2018 -- SPORT EDGEMONT

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Rush 08:20 AM		CYCLE 06:15 AM		Fire 08:20 AM		CYCLE 06:15 AM		YOGA 08:20 AM		Force 08:30 AM		ABSolution 45 08:30 AM	
03	Studio closed	04	Wayne S	05	Studio closed	06	Marisa B	07	Studio closed	01	Studio closed	02	Studio closed
10	Jodie B	11	Marisa B	12	Philomena V	13	Marisa B	14	Tammie G	08	Studio closed	09	Studio closed
17	Jodie B	18	Wayne S	19	Philomena V	20	Marisa B	21	Tammie G	15	Kelli H	16	Jason O
24	Jodie B	25	NO CLASS	26	NO CLASS	27	Marisa B	28	Rob W	22	Kelli H	23	Jason O
31	Jodie B	LIFT 08:20 AM		CYCLE 09:15 AM		Force 08:20 AM		CYCLE 09:15 AM		29	Kelli H	30	Jason O
CYCLE 09:15 AM		04	Studio closed	05	Lorne S	06	NO CLASS	07	Ted W	CYCLE 08:30 AM		LIFT 09:20 AM	
03	Jodie B	11	Kimberly D	12	Lorne S	13	Evie W	14	Ted W	01	Deanna B	02	Studio closed
10	Jodie B	18	Ron C	19	Lorne S	20	Evie W	21	Ted W	08	Deanna B	09	Studio closed
17	Jodie B	25	NO CLASS	26	NO CLASS	27	Kelli H	28	Ted W	15	Deanna B	16	Jason O
24	Jodie B	CYCLE 09:15 AM		Force 09:30 AM		CYCLE 09:15 AM		Rush 09:30 AM		22	Deanna B	23	Aldo G
31	Jodie B	04	Marisa B	05	Studio closed	06	Leanne P	07	Studio closed	29	Deanna B	30	Aldo G
Force 09:30 AM		11	Marisa B	12	Marjorie M	13	Leanne P	14	Gita G	CYCLE 09:30 AM		StepMix 10:20 AM	
03	Studio closed	18	Marisa B	19	Marjorie M	20	Leanne P	21	Catt W	01	Marisa B	02	Studio closed
10	Marjorie M	25	NO CLASS	26	Marjorie M	27	Marie N	28	Catt W	08	Bronwen R	09	Studio closed
17	Marjorie M	MetX & Core 09:30 AM		Zumba^ 10:40 AM		Zumba^ 09:30 AM		Zumba and Toning 10:40 AM		15	Marisa B	16	Bronwen R
24	Marjorie M	04	Studio closed	05	Studio closed	06	Studio closed	07	Studio closed	22	Bronwen R	23	Michele R
31	Marjorie M	11	Jason G	12	Sam G	13	Sam G	14	Andrea F	29	Marisa B	30	Michele R
Zumba^ 10:40 AM		18	Jason G	19	Kim T	20	Sam G	21	Andrea F	StepMix 09:40 AM		Zumba^ 11:25 AM	
03	Studio closed	25	NO CLASS	26	Andrea F	27	Orleane T	28	Orleane T	01	Studio closed	02	Studio closed
10	Sam G	YOGA 10:30 AM		LIFT 12:10 PM		YOGA 10:30 AM		LIFT 6:00 PM		08	Studio closed	09	Studio closed
17	Orleane T	04	Studio closed	05	Studio closed	06	Studio closed	07	Studio closed	15	LaurieLee R	16	Nicole M
24	Orleane T	11	Gita G	12	Bryan S	13	Rob W	14	NO CLASS	22	LaurieLee R	23	Nicole M
31	Orleane T	18	Gita G	19	Aldo G	20	Rob W	21	Aldo G	29	LaurieLee R	30	Nicole M
YOGA 12:10 PM		25	NO CLASS	26	NO CLASS	27	Rob W	28	Aldo G	YOGA 10:45 AM		YOGA 12:30 PM	
03	Studio closed	CYCLE 6:00 PM		POUND 30min 5:30 PM		Kinstretch 6:00 PM				01	Studio closed	02	Studio closed
10	Hailey C	04	Jenny E	05	Studio closed	06	Studio closed			08	Studio closed	09	Studio closed
17	Hailey C	11	Bronwen R	12	Nicole M	13	Bryan S			15	LaurieLee R	16	Cristina C
24	NO CLASS	18	Jenny E	19	Nicole M	20	Aditi J			22	LaurieLee R	23	Cristina C
31	NO CLASS	25	NO CLASS	26	NO CLASS	27	NO CLASS			29	LaurieLee R	30	Cristina C
Force 6:00 PM		Fire 6:00 PM		Zumba^ 6:00 PM		Strong by Zumba 7:00 PM				Zumba^ 11:50 AM			
03	Studio closed	04	Studio closed	05	Studio closed	06	Studio closed			01	Studio closed		
10	Rahma D	11	LaurieLee R	12	Nicole M	13	Helen S			08	Studio closed		
17	Marjorie M	18	LaurieLee R	19	Nicole M	20	Kelli H			15	Pamela K		
24	NO CLASS	25	NO CLASS	26	NO CLASS	27	Kelli H			22	Pamela K		
31	NO CLASS	YOGA 7:00 PM		Force 7:00 PM		YOGA 8:00 PM				29	Pamela K		
03	Studio closed	04	Studio closed	05	Studio closed	06	Studio closed						
10	LaurieLee R	11	LaurieLee R	12	Marjorie M	13	Rachel D						
17	Mona S	18	LaurieLee R	19	Marjorie M	20	Rachel D						
24	NO CLASS	25	NO CLASS	26	NO CLASS	27	Rachel D						
31	NO CLASS	LIFT 8:00 PM											
03	Studio closed												
10	Bryan S												
17	Rachel D												
24	NO CLASS												
31	NO CLASS												

Please note Dec 1-9 the main studio will be closed so that the floors maybe refinished. Regular classes will resume Dec 10. During this time please join us at Northhill for studio classes or join a cycling class at Edgemont.

We thank you for your patience and understanding.