

JANUARY - 2019 -- SUNRIDGE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Fire 09:30 AM		STEP 09:30 AM		StepMix 09:30 AM		MetX & Core 09:30 AM		Fire 09:30 AM		Zumba^ 09:30 AM			
07	Kandi L	01	NO CLASS	02	Michele R	03	Fook	04	Jumana A	05	NO CLASS		
14	Kandi L	08	Kandi L	09	Cindy W	10	Fook	11	Jumana A	12	Vanessa H		
21	Kandi L	15	Kandi L	16	Cindy W	17	Fook	18	Jumana A	19	Vanessa H		
28	Philomena V	22	Kandi L	23	Cindy W	24	Fook	25	Jumana A	26	Vanessa H		
Force express 4:45 PM		29	TBA	30	Cindy W	31	Fook			TKO 10:30 AM			
07	Marjorie M	Strong by Zumba 5:30 PM		Force 5:30 PM		Master* Mobility 4:45 PM				05	Jacelyn O		
14	Jerremy M	01	NO CLASS	02	Danielle S	03	Eric B			12	Jacelyn O		
21	Jerremy M	08	Constanza S	09	Danielle S	10	Eric B			19	Jacelyn O		
28	Jerremy M	15	Constanza S	16	Danielle S	17	Eric B			26	Jacelyn O		
Zumba^ 5:30 PM		22	Constanza S	23	Danielle S	24	Eric B						
07	Sam G	29	Constanza S	30	Danielle S	31	Eric B						
14	Jerremy M					Zumba^ 5:30 PM							
21	Jerremy M					03	Sam G						
28	Jerremy M					10	Sam G						
						17	Sam G						
						24	Sam G						
						31	Sam G						

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