

FEBRUARY - 2019 -- BAY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Tread N Shred- 12:05 PM		ABSolution 30 06:00 AM		YOGA 12:10 PM		MetX & Core 06:00 AM		LIFT 12:10 PM			
04	Russell* P	05	(Jenna) N	06	Gita G	07	(Jenna) N	01	Noel F		
11	Russell* P	12	J (Jenna) N	13	Elyte B	14	(Jenna) N	08	Noel F		
18	NO CLASS	19	(Jenna) N	20	^Belu (P) ^	21	(Jenna) N	15	Noel F		
25	Russell* P	26	(Jenna) N	27	^Belu (P) ^	28	(Jenna) N	22	Noel F		
Rush 12:10 PM		CYCLE 12:05 PM		CYCLE 12:10 PM		Tread N Shred- 12:05 PM					
04	Catt W	05	Amanda M	06	Matthew W	07	Russell* P				
11	Catt W	12	Amanda M	13	Matthew W	14	Russell* P				
18	NO CLASS	19	Amanda M	20	Matthew W	21	Russell* P				
25	Catt W	26	Amanda M	27	Matthew W	28	Russell* P				
CYCLE 12:10 PM		LIFT 12:10 PM				Force express 12:10 PM					
04	Lorraine P	05	Noel F			07	Kelli H				
11	Lorraine P	12	Noel F			14	Kelli H				
18	NO CLASS	19	Noel F			21	Kelli H				
25	Lorraine P	26	Noel F			28	Kelli H				
		Tread N Shred- 5:15 PM									
		05	Trainer ^								
		12	Trainer ^								
		19	Trainer ^								
		26	Trainer ^								

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

For the most up to date group fitness schedule please refer to
www.worldhealth.ca or download the World Health App
 The app is available for download in the app store. Search for World Health Club Calgary