

FEBRUARY - 2019 -- CALGARY PLACE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
CYCLE 11:15 AM		YOGA 11:15 AM		Rush 11:15 AM		YOGA 11:15 AM		TKO 12:05 PM			
04	Tammy W	05	Gary C	06	Catt W	07	Hailey C	01	Cory F		
11	Tammy W	12	Gary C	13	Catt W	14	Hailey C	08	Cory F		
18	NO CLASS	19	Gary C	20	Catt W	21	Hailey C	15	Jason O		
25	Tammy W	26	Gary C	27	Catt W	28	Hailey C	22	Jason O		
MetX & Core 11:15 AM		CYCLE 12:05 PM		Force 12:05 PM		Zumba^ 12:05 PM		CYCLE 12:05 PM			
04	Jason O	05	Karyn S	06	Kelli H	07	Kim T	01	Tammy W		
11	Cory F	12	Karyn S	13	Kelli H	14	Hiroe B	08	Tammy W		
18	NO CLASS	19	Karyn S	20	Kelli H	21	Hiroe B	15	David B		
25	Jason O	26	Karyn S	27	Kelli H	28	Kim T	22	Tammy W		
Force 12:05 PM		Vipr/TKO 12:05 PM		CYCLE 12:05 PM		CYCLE 12:05 PM					
04	Elisa C	05	Jason O	06	Michelle W	07	Lorraine P				
11	Elisa C	12	Jason O	13	Michelle W	14	Lorraine P				
18	NO CLASS	19	Jason O	20	Jessie F	21	Lorraine P				
25	Elisa C	26	Jason O	27	Michelle W	28	Lorraine P				
CYCLE 12:05 PM		CYCLE 4:45 PM									
04	Jessie F	05	Michelle W								
11	Jessie F	12	Michelle W								
18	NO CLASS	19	Diana S								
25	Joelly L	26	Michelle W								

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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