

FEBRUARY - 2019 -- SPORT EDMONTON

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		Core/ABSolution 45 08:30 AM	
04	Jodie B	05	Wayne S	06	Philomena V	07	Marisa B	01	Tammie G	02	Rachel D	03	Aldo G
11	Jodie B	12	Wayne S	13	Jodie B	14	Marisa B	08	Tammie G	09	Rachel D	10	Aldo G
18	NO CLASS	19	Wayne S	20	Philomena V	21	Marisa B	15	LaurieLee R	16	Kelli H	17	Aldo G
25	Jodie B	26	Wayne S	27	Philomena V	28	Marisa B	22	Tammie G	23	Kelli H	24	Aldo G
CYCLE 09:15 AM		LIFT 08:20 AM		CYCLE 09:15 AM		Force 08:20 AM		CYCLE 09:15 AM		CYCLE 08:30 AM		LIFT 09:20 AM	
04	Scott W	05	Kimberly D	06	Ted W	07	Evie W	01	Ted W	02	Deanna B	03	Aldo G
11	Scott W	12	Kimberly D	13	Ted W	14	Evie W	08	Ted W	09	Deanna B	10	Aldo G
18	Jodie B	19	Kimberly D	20	Marie N	21	Evie W	15	Marisa B	16	Deanna B	17	Aldo G
25	Scott W	26	Kimberly D	27	Deanna B	28	Evie W	22	Marisa B	23	Deanna B	24	Aldo G
Force 09:30 AM		CYCLE 09:15 AM		Force 09:30 AM		CYCLE 09:15 AM		Rush 09:30 AM		CYCLE 09:30 AM		Barre Work Out 10:20 AM	
04	Marjorie M	05	Marisa B	06	Rebecca M	07	Leanne P	01	Catt W	02	Marisa B	03	Aditi J
11	Marjorie M	12	Marisa B	13	Rebecca M	14	Leanne P	08	Marjorie M	09	Marisa B	10	Aditi J
18	Marjorie M	19	Marisa B	20	Rebecca M	21	Leanne P	15	Catt W	16	Marisa B	17	Aditi J
25	Marjorie M	26	Marisa B	27	Rebecca M	28	Leanne P	22	Marjorie M	23	Marisa B	24	Aditi J
Zumba^ 10:40 AM		MetX & Core 09:30 AM		Zumba^ 10:40 AM		Zumba^ 09:30 AM		Barre Work Out 10:40 AM		StepMix 09:40 AM		Zumba^ 11:20 AM	
04	Orleane T	05	Jason G	06	Kim T	07	Sam G	01	Andrea F	02	LaurieLee R	03	Nicole M
11	Orleane T	12	Jason G	13	Kim T	14	Sam G	08	Andrea F	09	LaurieLee R	10	Nicole M
18	Frienty K	19	Jason G	20	Nicole M	21	Sam G	15	Andrea F	16	Michele R	17	Nicole M
25	Orleane T	26	Jason G	27	Kim T	28	Sam G	22	Andrea F	23	LaurieLee R	24	Nicole M
YOGA 12:10 PM		YOGA 10:30 AM		LIFT 12:10 PM		YOGA 10:30 AM		LIFT 6:00 PM		YOGA 10:45 AM		YOGA 12:30 PM	
04	Marie O	05	Gita G	06	Bryan S	07	Judy R	01	Aldo G	02	LaurieLee R	03	Mona S
11	Marie O	12	Marie O	13	Bryan S	14	Rob W	08	Aldo G	09	LaurieLee R	10	Mona S
18	NO CLASS	19	Rachel D	20	Bryan S	21	Judy R	15	Aldo G	16	Aditi J	17	Mona S
25	Marie O	26	Marie O	27	Bryan S	28	Rob W	22	Aldo G	23	LaurieLee R	24	Mona S
LIFT 6:00 PM		CYCLE 6:00 PM		Zumba^ 6:00 PM		Kinstretch 6:00 PM				Zumba^ 11:50 AM			
04	Bryan S	05	Jenny E	06	Kim T	07	Bryan S			02	Pamela K		
11	Bryan S	12	Jenny E	13	Kelli H	14	Bryan S			09	Pamela K		
18	NO CLASS	19	Diana S	20	Charmaine T	21	Bryan S			16	Pamela K		
25	Bryan S	26	Jenny E	27	Kim T	28	Bryan S			23	Pamela K		
Barre Work Out 7:00 PM		Fire 6:00 PM		Force 7:00 PM		Barre Work Out 7:00 PM							
04	LaurieLee R	05	LaurieLee R	06	Rachel D	07	Rachel D						
11	LaurieLee R	12	LaurieLee R	13	Rachel D	14	Rachel D						
18	NO CLASS	19	LaurieLee R	20	Rachel D	21	Rachel D						
25	LaurieLee R	26	LaurieLee R	27	Rachel D	28	Rachel D						
YOGA 8:00 PM		YOGA 7:00 PM		YOGA 8:00 PM		YOGA 8:00 PM							
04	Rob W	05	LaurieLee R	06	Mona S	07	Rachel D						
11	Rob W	12	LaurieLee R	13	Mona S	14	Rachel D						
18	NO CLASS	19	LaurieLee R	20	Mona S	21	Rachel D						
25	Rob W	26	LaurieLee R	27	Mona S	28	Rachel D						

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