

# APRIL - 2019 -- BAY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Tread N Shred- 12:05 PM		ABS 45 06:00 AM		YOGA 12:10 PM		MetX & Core 06:00 AM		LIFT 12:10 PM			
01	Russell* P	02	Jennifer (Jenna) N	03	Gita G	04	Jennifer (Jenna) N	05	Noel F		
08	Russell* P		10	Gita G	12		Noel F				
15	Russell* P	09	Jennifer (Jenna) N	17	Gita G	11	Jennifer (Jenna) N	19	<b>NO CLASS</b>		
22	Russell* P		24	Gita G	26		Noel F				
29	Russell* P	16	Jennifer (Jenna) N	CYCLE 12:10 PM		18	Jennifer (Jenna) N				
Rush 12:10 PM			23	Jennifer (Jenna) N	03		Matthew W	25	Jennifer (Jenna) N		
01	Jason O	30	Jennifer (Jenna) N	10	Matthew W	Tread N Shred- 12:05 PM					
08	Jason O		CYCLE 12:05 PM		17	Matthew W	04	Russell* P			
15	Jason O	02	Michelle W	24	Matthew W	11	Russell* P				
22	Jason O		09	Matthew W			18	Russell* P			
29	Jason O	16	Marie N			25	Russell* P				
CYCLE 12:10 PM		23	Marie N			Force express 12:10 PM					
01	Lorraine P	30	Michelle W			04	Kelli H				
08	Lorraine P	LIFT 12:10 PM				11	Kelli H				
15	Lorraine P	02	Noel F			18	Marie N				
22	Lorraine P	09	Noel F			25	Kelli H				
29	Lorraine P	16	Noel F								
		23	Noel F								
		30	Noel F								
		Tread N Shred- 5:15 PM									
		02	Trainer ^								
		09	Trainer ^								
		16	Trainer ^								
		23	Trainer ^								
		30	Trainer ^								

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

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