

APRIL - 2019 -- SPORT EDMONT

| 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 | | ABS 45 08:30 AM | |
| 01 | Marjorie M | 02 | Wayne S | 03 | Philomena V | 04 | Marisa B | 05 | Gary C | 06 | Kelli H | 07 | Aldo G |
| 08 | Marjorie M | 09 | Wayne S | 10 | Philomena V | 11 | Marisa B | 12 | Tammie G | 13 | Rachel D | 14 | Aldo G |
| 15 | Marjorie M | 16 | Wayne S | 17 | Philomena V | 18 | Marisa B | 19 | NO CLASS | 20 | Kelli H | 21 | Aldo G |
| 22 | Marjorie M | 23 | Wayne S | 24 | Philomena V | 25 | Marisa B | 26 | Tammie G | 27 | Diana S | 28 | Aldo G |
| 29 | Marjorie M | 30 | Wayne S | CYCLE 09:15 AM | | Force 08:20 AM | | CYCLE 09:15 AM | | CYCLE 08:30 AM | | LIFT 09:20 AM | |
| CYCLE 09:15 AM | | LIFT 08:20 AM | | 03 | Lorne S | 04 | Evie W | 05 | Ted W | 06 | Deanna B | 07 | Aldo G |
| 01 | Scott W | 02 | Kimberly D | 10 | Lorne S | 11 | Evie W | 12 | TBA | 13 | Deanna B | 14 | Aldo G |
| 08 | Heather^ T | 09 | Kimberly D | 17 | Lorne S | 18 | Evie W | 19 | Ted W | 20 | Deanna B | 21 | Aldo G |
| 15 | Scott W | 16 | Kimberly D | 24 | Lorne S | 25 | Evie W | 26 | Ted W | 27 | Deanna B | 28 | Aldo G |
| 22 | Scott W | 23 | TBA | LIFT 09:30 AM | | CYCLE 09:15 AM | | Rush 09:30 AM | | CYCLE 09:30 AM | | Barre Work Out 10:20 AM | |
| 29 | Scott W | 30 | Kimberly D | 03 | Kyra B | 04 | Francesca R | 05 | Marjorie M | 06 | Marisa B | 07 | Vanessa S |
| Force 09:30 AM | | CYCLE 09:15 AM | | 10 | Kyra B | 11 | Francesca R | 12 | Marjorie M | 13 | Marisa B | 14 | Vanessa S |
| 01 | Rebecca M | 02 | Marisa B | 17 | Kyra B | 18 | Leanne P | 19 | Marjorie M | 20 | Marisa B | 21 | Vanessa S |
| 08 | Rebecca M | 09 | Marisa B | 24 | Kyra B | 25 | Leanne P | 26 | Marjorie M | 27 | Marisa B | 28 | Vanessa S |
| 15 | Rebecca M | 16 | Marisa B | Zumba^ 10:40 AM | | Zumba^ 09:30 AM | | Barre Work Out 10:40 AM | | StepMix 09:40 AM | | Zumba^ 11:20 AM | |
| 22 | Rebecca M | 23 | Marisa B | 03 | Kim T | 04 | Sam G | 05 | Andrea F | 06 | LaurieLee R | 07 | Nicole M |
| 29 | Rebecca M | 30 | Marisa B | 10 | Kim T | 11 | Sam G | 12 | Andrea F | 13 | LaurieLee R | 14 | Nicole M |
| Zumba^ 10:40 AM | | MetX & Core 09:30 AM | | 17 | Kim T | 18 | Sam G | 19 | Aditi J | 20 | LaurieLee R | 21 | Kelli H |
| 01 | Orleane T | 02 | Jason G | 24 | Sam G | 25 | Sam G | 26 | Aditi J | 27 | LaurieLee R | 28 | Nicole M |
| 08 | Orleane T | 09 | Jason G | LIFT 12:10 PM | | YOGA 10:30 AM | | NEW Barre Work Out 5:00 PM | | YOGA 10:45 AM | | YOGA 12:30 PM | |
| 15 | Orleane T | 16 | Jason G | 03 | Bryan S | 04 | Rob W | 05 | Vanessa S | 06 | LaurieLee R | 07 | Cristina C |
| 22 | Orleane T | 23 | Jason G | 10 | Bryan S | 11 | Judy R | 12 | Vanessa S | 13 | LaurieLee R | 14 | Cristina C |
| 29 | Orleane T | 30 | Jason G | 17 | Bryan S | 18 | Rob W | 19 | NO CLASS | 20 | LaurieLee R | 21 | Cristina C |
| YOGA 12:10 PM | | YOGA 10:30 AM | | 24 | Bryan S | 25 | Judy R | 26 | Vanessa S | 27 | LaurieLee R | 28 | Cristina C |
| 01 | Jaimee S | 02 | Gita G | Zumba^ 6:00 PM | | Kinstretch 6:00 PM | | LIFT 6:00 PM | | Zumba^ 11:50 AM | | | |
| 08 | Marie O | 09 | Gita G | 03 | Kim T | 04 | Bryan S | 05 | Aldo G | 06 | TBA | | |
| 15 | Marie O | 16 | Gita G | 10 | Kim T | 11 | Bryan S | 12 | Aldo G | 13 | Pam G | | |
| 22 | Marie O | 23 | Gita G | 17 | Kim T | 18 | Bryan S | 19 | NO CLASS | 20 | TBA | | |
| 29 | Marie O | 30 | Gita G | 24 | Charmaine T | 25 | Bryan S | 26 | Aldo G | 27 | Pam G | | |
| LIFT 6:00 PM | | CYCLE 6:00 PM | | Force 7:00 PM | | Barre Work Out 7:00 PM | | | | | | | |
| 01 | Bryan S | 02 | Jenny E | 03 | Rachel D | 04 | Rachel D | | | | | | |
| 08 | Bryan S | 09 | Jenny E | 10 | Rachel D | 11 | Rachel D | | | | | | |
| 15 | Bryan S | 16 | Jenny E | 17 | Rachel D | 18 | Rachel D | | | | | | |
| 22 | Bryan S | 23 | Jenny E | 24 | Kelli H | 25 | Vanessa S | | | | | | |
| 29 | Bryan S | 30 | Jenny E | YOGA 8:00 PM | | YOGA 8:00 PM | | | | | | | |
| Barre Work Out 7:00 PM | | Fire 6:00 PM | | 03 | Mona S | 04 | Rachel D | | | | | | |
| 01 | LaurieLee R | 02 | LaurieLee R | 10 | Mona S | 11 | Rachel D | | | | | | |
| 08 | LaurieLee R | 09 | LaurieLee R | 17 | Mona S | 18 | Rachel D | | | | | | |
| 15 | LaurieLee R | 16 | LaurieLee R | 24 | Mona S | 25 | Aditi J | | | | | | |
| 22 | LaurieLee R | 23 | LaurieLee R | | | | | | | | | | |
| 29 | LaurieLee R | 30 | LaurieLee R | | | | | | | | | | |
| YOGA 8:00 PM | | YOGA 7:00 PM | | | | | | | | | | | |
| 01 | Rob W | 02 | LaurieLee R | | | | | | | | | | |
| 08 | Rob W | 09 | LaurieLee R | | | | | | | | | | |
| 15 | Rob W | 16 | LaurieLee R | | | | | | | | | | |
| 22 | Rob W | 23 | LaurieLee R | | | | | | | | | | |
| 29 | Rob W | 30 | LaurieLee R | | | | | | | | | | |