

MAY - 2019 -- SPORT EDMONT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rush 08:20 AM	CYCLE 06:15 AM	Get Ripped 08:20 AM	CYCLE 06:15 AM	YOGA 08:20 AM	Force 08:30 AM	ABS 45 08:30 AM
06 Diana S	07 Wayne S	01 Philomena V	02 Marisa B	03 Tammie G	04 Diana S	05 Aldo G
13 Marjorie M	14 Wayne S	08 Philomena V	09 Marisa B	10 Tammie G	11 Kelli H	12 Aldo G
20 NO CLASS	21 Wayne S	15 Philomena V	16 Marisa B	17 Tammie G	18 Kelli H	19 Aldo G
27 Marjorie M	28 Wayne S	22 Elizabeth S	23 Marisa B	24 Tammie G	25 Diana S	26 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
06 Scott W	07 Kimberly D	01 Lorne S	02 Francesca R	03 Heather	04 Deanna B	05 Aldo G
13 Scott W	14 Kimberly D	08 Lorne S	09 Evie W	10 Heather	11 Deanna B	12 Aldo G
20 Heather t	21 Kimberly D	15 Lorne S	16 Evie W	17 Gita G	18 Deanna B	19 Aldo G
27 Heather t	28 Kimberly D	22 Lorne S	23 Evie W	24 Gita G	25 Deanna B	26 Aldo G
Force 09:30 AM	CYCLE 09:15 AM	LIFT 09:30 AM	CYCLE 09:15 AM	Rush 09:30 AM	CYCLE 09:30 AM	Barre Work Out 10:20 AM
06 Rebecca M	07 Marisa B	01 Kyra B	02 Leanne P	03 Catt W	04 Diana S	05 Vanessa (S) ^
13 Rebecca M	14 Marisa B	08 Kyra B	09 Leanne P	10 Marjorie M	11 Christine D	12 Vanessa (S) ^
20 Rebecca M	21 Marisa B	15 Kyra B	16 Leanne P	17 Marjorie M	18 Christine D	19 Vanessa (S) ^
27 Rebecca M	28 Marisa B	22 Kyra B	23 Leanne P	24 Marjorie M	25 Diana S	26 Vanessa (S) ^
Zumba^ 10:40 AM	MetX & Core 09:30 AM	29 Kyra B	30 Francesca R	31 Marjorie M	StepMix 09:40 AM	Zumba^ 11:20 AM
06 Orleane T	07 Jason G	Zumba^ 10:40 AM	Zumba^ 09:30 AM	Barre Work Out 10:40 AM	04 LaurieLee R	05 Nicole M
13 Orleane T	14 Jason G	01 Kim T	02 Andrea F	03 Aditi J	11 LaurieLee R	12 Nicole M
20 Orleane T	21 Jason G	08 Kim T	09 Elizabeth S	10 Andrea F	18 LaurieLee R	19 Alejandra K
27 Orleane T	28 Jason G	15 Orleane T	16 Andrea F	17 Aditi J	25 LaurieLee R	26 Nicole M
YOGA 12:10 PM	YOGA 10:30 AM	22 Kim T	23 Elizabeth S	24 Andrea F	YOGA 10:45 AM	YOGA 12:30 PM
06 Marie O	07 Gita G	29 Kim T	30 Sam G	31 Aditi J	04 LaurieLee R	05 Cristina C
13 Marie O	14 Gita G	LIFT 12:10 PM	YOGA 10:30 AM	Barre Work Out 5:00 PM	11 LaurieLee R	12 Cristina C
20 NO CLASS	21 Gita G	01 Bryan S	02 Rob W	03 Vanessa S	18 LaurieLee R	19 Cristina C
27 Marie O	28 Gita G	08 Bryan S	09 Judy R	10 Vanessa S	25 LaurieLee R	26 Cristina C
LIFT 6:00 PM	CYCLE 6:00 PM	15 Bryan S	16 Rob W	17 Vanessa S	Zumba^ 11:50 AM	
06 Bryan S	07 Jenny E	22 Bryan S	23 Judy R	24 Vanessa S	04 Pamela K	
13 Bryan S	14 Jenny E	29 Bryan S	30 Rob W	31 Vanessa S	11 Pamela K	
20 NO CLASS	21 Jenny E	Zumba^ 6:00 PM	Kinstretch 6:00 PM	LIFT 6:00 PM	18 Pamela K	
27 Bryan S	28 Jenny E	01 Kim T	02 Bryan S	03 Aldo G	25 Pamela K	
Barre Work Out 7:00 PM	Fire 6:00 PM	08 Kim T	09 Bryan S	10 Aldo G		
06 LaurieLee R	07 LaurieLee R	15 Kelli H	16 Bryan S	17 Aldo G		
13 LaurieLee R	14 LaurieLee R	22 Kim T	23 Bryan S	24 Aldo G		
20 NO CLASS	21 LaurieLee R	29 Kim T	30 Bryan S	31 Aldo G		
27 LaurieLee R	28 LaurieLee R	Force 7:00 PM	Barre Work Out 7:00 PM			
YOGA 8:00 PM	YOGA 7:00 PM	01 Rachel D	02 Rachel D			
06 Rob W	07 LaurieLee R	08 Rachel D	09 Rachel D			
13 Rob W	14 LaurieLee R	15 Rachel D	16 Rachel D			
20 NO CLASS	21 LaurieLee R	22 Rachel D	23 Rachel D			
27 Rob W	28 LaurieLee R	29 Rachel D	30 Rachel D			
		YOGA 8:00 PM	YOGA 8:00 PM			
		01 Mona S	02 Rachel D			
		08 Mona S	09 Rachel D			
		15 Mona S	16 Rachel D			
		22 Mona S	23 Rachel D			
		29 Mona S	30 Rachel D			

NEW Get Ripped
is a total body workout that will blast fat, rev up your heart rate, and redefine your body.