

# MAY - 2019 -- MIDNAPORE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 08:45 AM		MetX & Core 09:40 AM		CYCLE 09:40 AM		TKO 09:40 AM		CYCLE 09:40 AM		TKO 09:15 AM		CYCLE 09:15 AM	
06	Wendy A	07	Jodi B	01	Wendy A	02	Tanya R	03	Jodi B	04	Jodi B	05	Jose B
13	Brittany C	14	Jodi B	08	Wendy A	09	Tanya R	10	Jodi B	11	Jodi B	12	Jose B
20	<b>NO CLASS</b>	21	Jodi B	15	Naliya M	16	Tanya R	17	Jodi B	18	Jodi B	19	Jose B
27	Brittany C	28	Jodi B	22	Naliya M	23	Tanya R	24	Jodi B	25	Jodi B	26	Jose B
TKO 09:30 AM		Zumba^ 5:45 PM		ABSolution 30 10:30 AM		LIFT 5:45 PM		ABSolution 30 10:30 AM		CYCLE 09:40 AM		Zumba^ 09:30 AM	
06	Wendy A	07	Sixela F	01	Wendy A	02	Cory F	03	Jodi B	04	Cory F	05	Kimberly A
13	Wendy A	14	Sixela F	08	Wendy A	09	<b>Strong Connie</b>	10	Jodi B	11	Wendy A	12	Kimberly A
20	Wendy A	21	Sixela F	15	Wendy A	16	Cory F	17	Jodi B	18	Cory F	19	Sixela F
27	Wendy A	28	Sixela F	22	Wendy A	23	<b>Strong Connie</b>	24	Jodi B	25	Jessica (BHC) M	26	Kimberly A
CYCLE 5:45 PM		YOGA 6:45 PM		POUND 30min 5:15 PM		Zumba^ 6:45 PM				Strong by Zumba 10:30 AM		MetX & Core 10:45 AM	
06	Cory F	07	Hailey C	01	<b>NO CLASS</b>	02	Kimberly A			04	Constanza S	05	Cory F
13	Cory F	14	Hailey C	08	Sara S	09	Kelsey P			11	Constanza S	12	Cory F
20	<b>NO CLASS</b>	21	Hailey C	15	Sara S	16	Kimberly A			18	Lu P	19	Cory F
27	Cory F	28	Hailey C	22	Sara S	23	Kimberly A			25	Lu P	26	Cory F
ABSolution 30 6:30 PM				Force 5:45 PM		Kimberly A				YOGA 11:30 AM			
06	Cory F			01	<b>GET RIPPED</b>					04	Jaimee S		
13	Cory F			08	Sara S					11	Elyte B		
20	<b>NO CLASS</b>			15	Sara S					18	Elyte B		
27	Cory F			22	Sara S					25	Elyte B		
				29	Sara S								

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