

JUNE - 2019 -- SPORT EDGEMONT

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			
03	Marjorie M	04	Marisa B	05	Philomena V	06	Marisa B	07	Tammie G	01	Diana S	02	Aldo G		
10	Marjorie M	11	Marisa B	12	Philomena V	13	Marisa B	14	Tammie G	08	Kelli H	09	Aldo G		
17	Marjorie M	18	Wayne S	19	Philomena V	20	Marisa B	21	Tammie G	15	Kelli H	16	Aldo G		
24	Marjorie M	25	Wayne S	26	Elizabeth S	27	Marisa B	28	Tammie G	22	Kelli H	23	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			
03	Scott W	04	Kimberly D	05	Lorne S	06	Evie W	07	Ted W	07	Ted W	01	Deanna B	02	Aldo G
10	Scott W	11	Kimberly D	12	Lorne S	13	Evie W	14	Ted W	14	Ted W	08	Deanna B	09	Aldo G
17	Scott W	18	Kimberly D	19	Lorne S	20	Evie W	21	Ted W	21	Ted W	15	Deanna B	16	Aldo G
24	Scott W	25	Kimberly D	26	Lorne S	27	Evie W	28	Ted W	28	Ted W	22	Deanna B	23	Aldo G
Force 09:30 AM		CYCLE 09:15 AM		LIFT 09:30 AM		CYCLE 09:15 AM		Rush 09:30 AM		01		02			
03	Rebecca M	04	Marisa B	05	Kyra B	06	Leanne P	07	Marjorie M	07	Marjorie M	CYCLE 09:30 AM		Barre Work Out 10:20 AM	
10	Rebecca M	11	Marisa B	12	Kyra B	13	Leanne P	14	Lindsey W	14	Lindsey W	01	Marisa B	02	Vanessa S
17	Rebecca M	18	Marisa B	19	Kyra B	20	Leanne P	21	Catt W	21	Catt W	08	Marisa B	09	Vanessa S
24	Rebecca M	25	Marisa B	26	Kyra B	27	Leanne P	28	Get Ripped Rachel	28	Get Ripped Rachel	15	Marisa B	16	Vanessa S
Zumba^ 10:40 AM		MetX & Core 09:30 AM		Zumba^ 10:40 AM		Zumba^ 09:30 AM		Barre Work Out 10:40 AM		22		23			
03	Orleane T	04	Kyra B	05	Kim T	06	Sam G	06	Sam G	07	Andrea F	22	Marisa B	23	Vanessa S
10	Frienty K	11	Kyra B	12	Nicole M	13	Sam G	13	Sam G	14	Aditi J	29	Marisa B	30	Vanessa S
17	Orleane T	18	Kyra B	19	Kim T	20	Sam G	20	Sam G	21	Aditi J	StepMix 09:40 AM		Zumba^ 11:20 AM	
24	Orleane T	25	Kyra B	26	Kim T	27	Sam G	27	Sam G	28	Andrea F	01	LaurieLee R	02	Nicole M
YOGA 12:10 PM		YOGA 10:30 AM		LIFT 12:10 PM		YOGA 10:30 AM		07		08		09			
03	Marie O	04	Gita G	05	Bryan S	06	Rob W	06	Rob W	14	Aditi J	08	LaurieLee R	09	Nicole M
10	Marie O	11	Gita G	12	Bryan S	13	Rob W	13	Rob W	21	Aditi J	15	LaurieLee R	16	Nicole M
17	Marie O	18	Gita G	19	Bryan S	20	Rob W	20	Rob W	28	Andrea F	22	LaurieLee R	23	Nicole M
24	Marie O	25	Gita G	26	Bryan S	27	Judy R	27	Judy R	Barre Work Out 5:00 PM		29	LaurieLee R	30	Nicole M
LIFT 6:00 PM		CYCLE 6:00 PM		Zumba^ 6:00 PM		Kinstretch 6:00 PM		07		08		09			
03	Bryan S	04	Jenny E	05	Kim T	06	Bryan S	06	Bryan S	14	Vanessa S	15	LaurieLee R	16	Nicole M
10	Bryan S	11	Ted W	12	Kim T	13	Bryan S	13	Bryan S	21	Vanessa S	22	LaurieLee R	23	Nicole M
17	Bryan S	18	Jenny E	19	Kelli H	20	Bryan S	20	Bryan S	28	Vanessa S	YOGA 10:45 AM		YOGA 12:30 PM	
24	Bryan S	25	Judy R	26	Kim T	27	Jaimee S yoga	27	Jaimee S yoga	LIFT 6:00 PM		01	LaurieLee R	02	Cristina C
Barre Work Out 7:00 PM		Fire 6:00 PM		Force 7:00 PM		Barre Work Out 7:00 PM		07		08		09			
03	LaurieLee R	04	LaurieLee R	05	Rachel D	06	Rachel D	06	Rachel D	14	Aldo G	08	LaurieLee R	09	Cristina C
10	LaurieLee R	11	LaurieLee R	12	Rachel D	13	Rachel D	13	Rachel D	21	Aldo G	15	LaurieLee R	16	Cristina C
17	LaurieLee R	18	LaurieLee R	19	Rachel D	20	Rachel D	20	Rachel D	28	Aldo G	22	LaurieLee R	23	Cristina C
24	LaurieLee R	25	LaurieLee R	26	Rachel D	27	Rachel D	27	Rachel D	07	Aldo G	29	LaurieLee R	30	Cristina C
YOGA 8:00 PM		YOGA 7:00 PM		YOGA 8:00 PM		YOGA 8:00 PM		07		08		09			
03	Rob W	04	LaurieLee R	05	Mona S	06	Rachel D	06	Rachel D	14	Aldo G	Zumba^ 11:50 AM		01	
10	Rob W	11	LaurieLee R	12	Mona S	13	Rachel D	13	Rachel D	21	Aldo G	01	Pamela K	02	
17	Rob W	18	LaurieLee R	19	Mona S	20	Rachel D	20	Rachel D	28	Aldo G	08	Pamela K	03	
24	LaurieLee R	25	LaurieLee R	26	Rachel D	27	Rachel D	27	Rachel D			15	Pamela K	04	
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Please review the website www.worldhealth.ca or WH app for the group fitness schedule