

# JUNE - 2019 -- NORTH HILL

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
CYCLE 08:45 AM		Fire 09:30 AM		CYCLE 09:15 AM		TKO 09:30 AM		CYCLE 09:15 AM		TKO 09:00 AM		Force 09:00 AM		
03	Marisa B	04	<b>Liz Get Ripped</b>	05	Ted W	06	Ron C	07	Patti H	01	Ron C	02	Jerremy M	
10	Marisa B		12	Ted W	13	Ron C	14	Marie N	08	Ron C	09	Sara S		
17	Marisa B		11	Elisa C	19	Marisa B	20	Ron C	21	Lindsey W	15	Ron C	16	Sara S
24	Dorthea B		18	Philomena V	26	Marisa B	27	Ron C	28	Lindsey W	22	Ron C	23	Patti H
Force 09:30 AM			25	Dorthea B	Zumba^ 09:30 AM		Master* Mobility 11:00 AM		Zumba^ 09:30 AM		29	Ron C	30	Diana S
03 Patti H		ABSolution 30 4:00 PM		05	Jumana A	06	Anthony H	07	Kim T	CYCLE 09:15 AM		Zumba^ 10:00 AM		
10 Patti H		04	Evie W	12	Jumana A	13	Anthony H	14	Kim T	01	Christine D	02	Jessica M	
17 Diana S		11	Evie W	19	Jumana A	20	Anthony H	21	Kim T	08	Christine D	09	Jessica M	
24 Diana S		18	Evie W	26	Jumana A	27	Anthony H	28	Kim T	15	Jose B	16	Jessica M	
YOGA 4:30 PM		25	Evie W	YOGA 4:30 PM		Force 4:30 PM		CYCLE 4:45 PM		22	Jose B	23	Jessica M	
03 Rob W		Force 4:30 PM		05	Catt W	06	Sara S	07	Judy R	29	Jose B	30	Jessica M	
10 Rob W		04	Evie W	12	Cristina C	13	Sara S	14	Ted W	Master Mobility 30 10:05 AM		YOGA 11:15 AM		
17 Rob W		11	Evie W	19	Catt W	20	Sara S	21	Ted W	01	No class	02	Gita G	
24 Terra F		18	Evie W	26	Gita G	27	Sara S	28	Ted W	08	Ron C	09	Gita G	
CYCLE 4:45 PM		25	Evie W	CYCLE 4:45 PM		Zumba^ 5:30 PM		Force 5:30 PM		15	Ron C	16	Gita G	
03 Lindsey W		Zumba^ 5:30 PM		05	Lindsey W	06	Jumana A	07	Jerremy M	22	Ron C	23	Gita G	
10 Lindsey W		04	Kim T	12	Lindsey W	13	Jumana A	14	Jerremy M	29	Ron C	30	Gita G	
17 Lindsey W		11	Kim T	19	Lindsey W	20	Jumana A	21	Diana S	Zumba^ 10:40 AM				
24 Lindsey W		18	Kim T	26	Lindsey W	27	Jumana A	28	Diana S	01	Noy W			
LIFT 5:30 PM		25	Kim T	Rush 5:30 PM		CYCLE 5:30 PM				08	Noy W			
03 Jeff E		CYCLE 5:30 PM		05	Lindsey W	06	Ted W			15	Noy W			
10 Jeff E		04	Jessica (M)	12	Lindsey W	13	Ted W			22	Noy W			
17 Jeff E		11	Jessica (M)	19	Lindsey W	20	Ted W			29	Noy W			
24 Jeff E		18	Marie N	26	Diana S	27	Ted W			YOGA 11:45 AM				
Zumba^ 6:30 PM		25	Marie N	Strong by Zumba 6:30 PM		ABSolution 30 6:30 PM				01	Aditi J			
03 Michelle B		ABSolution 30 6:30 PM		05	Hiroe B	06	Jumana A			08	Jaimee S			
10 Michelle B		04	Jeff E	12	Hiroe B	13	Jumana A			15	Aditi J			
17 Michelle B		11	Jeff E	19	Hiroe B	20	Jumana A			22	Jaimee S			
24 Michelle B		18	Jeff E	26	Hiroe B	27	Jumana A			29	<b>NO CLASS</b>			
		25	Jeff E			YOGA 7:15 PM								
		YOGA 7:15 PM				06	Rob W							
		04	Terra F			13	Rob W							
		11	Terra F			20	Rob W							
		18	Terra F			27	Fariha N							
		25	Terra F											

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Please review the website [www.worldhealth.ca](http://www.worldhealth.ca) or WH app for the group fitness schedule