

AUGUST - 2019 -- BAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tread N Shred- 12:05 PM	ABS 45 06:00 AM	YOGA 12:10 PM	MetX & Core 06:00 AM	LIFT 12:10 PM		
05 NO CLASS	06 NO CLASS	07 Gita G	01 Jennifer (Jenna) N	02 Gita G		
12 Russell* P	13 Jennifer (Jenna) N	14 Gita G	08 NO CLASS	09 Gita G		
19 Russell* P	20 Jennifer (Jenna) N	21 Judy R	15 Jennifer (Jenna) N	16 Sunshine T		
26 Trainer ^	27 Jennifer (Jenna) N	28 Judy R	22 Jennifer (Jenna) N	23 Sunshine T		
Rush 12:10 PM	CYCLE 12:05 PM		29 Jennifer (Jenna) N	30 Sunshine T		
05 NO CLASS	06 Matthew W		Tread N Shred- 12:05 PM			
12 Jason O	13 Matthew W		01 Russell* P			
19 Jason O	20 Jose B		08 Russell* P			
26 Jason O	27 Marie N		15 Russell* P			
CYCLE 12:10 PM	LIFT 12:10 PM		22 Russell* P			
05 NO CLASS	06 Gita G		29 Russell* P			
12 Lorraine P	13 Gita G		Force 12:10 PM			
19 Lorraine P	20 Carrie S		01 Marie N			
26 Lorraine P	27 Gita G		08 Marjorie M			
	Tread N Shred- 5:15 PM		15 Marie N			
	06 Trainer ^		22 ^Kelli H ^			
	13 Trainer ^		29 Marjorie M			
	20 Trainer ^					
	27 Trainer ^					

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

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