

AUGUST - 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
05 NO CLASS	06 Wayne S	07 Philomena V	01 Marisa B	02 Rob W	03 Diana S	04 Elizabeth S
12 Marjorie M	13 Ted W	14 Philomena V	08 Marisa B	09 Rob W	10 Kelli H	11 Elizabeth S
19 Gita G	20 Wayne S	21 Philomena V	15 Marisa B	16 Tammie G	17 Kelli H	18 Elizabeth S
26 Marjorie M	27 Wayne S	28 Marjorie M	22 Marisa B	23 Tammie G	24 Kelli H	25 Elizabeth S
29 Marisa B			29 Marisa B	30 Tammie G	31 Marjorie M	
CYCLE 09:15 AM	LIFT 08:20 AM	CYCLE 09:15 AM	Force 08:20 AM	CYCLE 09:15 AM	CYCLE 08:30 AM	Get Ripped 09:20 AM
05 Heather t	06 Marjorie M	07 Lorne S	01 Marjorie M	02 Marie N	03 Heather t	04 Elizabeth S
12 Heather t	13 Kimberly D	14 Lorne S	08 Evie W	09 Marie N	10 Heather t	11 Elizabeth S
19 Heather t	20 Kimberly D	21 Lorne S	15 Evie W	16 Ted W	17 Deanna B	18 Elizabeth S
26 Gita G	27 Kimberly D	28 Lorne S	22 Evie W	23 Ted W	24 Deanna B	25 Elizabeth S
29 Evie W			29 Evie W	30 Ted W	31 Deanna B	
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
05 Stephanie K	06 Marisa B	07 Marjorie M	01 Leanne P	02 Marjorie M	03 Marisa B	04 NO CLASS
12 Marjorie M	13 Marisa B	14 Kyra B	08 Leanne P	09 Marjorie M	10 Marisa B	11 Darci T
19 Philomena V	20 Marisa B	21 Kyra B	15 Leanne P	16 Catt W	17 Marisa B	18 Philomena V
26 Marjorie M	27 Marisa B	28 Kyra B	22 TBA	23 Catt W	24 Marisa B	25 Vanessa S
29 Leanne P			29 Leanne P	30 Catt W	31 Marisa B	
Zumba^ 10:40 AM	MetX & Core 09:30 AM	Zumba^ 10:40 AM	Zumba^ 09:30 AM	Barre Work Out 10:40 AM	StepMix 09:40 AM	Zumba^ 11:20 AM
05 Orleane T	06 Heather t	07 Kim T	01 Sam G	02 Andrea F	03 LaurieLee R	04 Nicole M
12 Orleane T	13 Kyra B	14 Sam G	08 Alejandra K	09 Andrea F	10 Diana S	11 Nicole M
19 Orleane T	20 Kyra B	21 Sam G	15 Cody O	16 Andrea F	17 LaurieLee R	18 Nicole M
26 Orleane T	27 Kyra B	28 Kim T	22 Sam G	23 Andrea F	24 LaurieLee R	25 Nicole M
29 Sam G			29 Sam G	30 Andrea F	31 LaurieLee R	
YOGA 12:10 PM	YOGA 10:30 AM	LIFT 12:10 PM	YOGA 10:30 AM	Barre Work Out 5:15 PM	YOGA 10:45 AM	YOGA 12:30 PM
05 NO CLASS	06 Gita G	07 Bryan S	01 Judy R	02 Andrea F	03 LaurieLee R	04 Cristina C
12 Rachel D	13 Gita G	14 Bryan S	08 Rob W	09 Andrea F	10 Catt W	11 Cristina C
19 Rachel D	20 Gita G	21 Bryan S	15 Judy R	16 Andrea F	17 LaurieLee R	18 Cristina C
26 Rachel D	27 Gita G	28 Bryan S	22 Judy R	23 Vanessa S	24 LaurieLee R	25 Cristina C
29 Rob W			29 Rob W	30 Vanessa S	31 LaurieLee R	
LIFT 6:00 PM	CYCLE 6:00 PM	Zumba^ 6:00 PM	Kinstretch 6:00 PM		Zumba^ 11:50 AM	
05 NO CLASS	06 Gita G	07 Elizabeth S	01 Bryan S		03 Nuleati W	
12 Bryan S	13 Gita G	14 Elizabeth S	08 Bryan S		10 Nuleati W	
19 Bryan S	20 Gita G	21 Elizabeth S	15 Bryan S		17 Pamela K	
26 Bryan S	27 Diana S	28 Elizabeth S	22 Bryan S		24 Pamela K	
29 Bryan S			29 Bryan S		31 Pamela K	
Barre Work Out 7:00 PM	Fire 6:00 PM	Force 7:00 PM				
05 NO CLASS	06 LaurieLee R	07 Rachel D				
12 Rachel D	13 Marjorie M	14 Rachel D				
19 LaurieLee R	20 LaurieLee R	21 Rachel D				
26 LaurieLee R	27 LaurieLee R	28 Rachel D				
YOGA 8:00 PM	YOGA 7:00 PM	YOGA 8:00 PM	Barre Work Out 7:00 PM			
05 NO CLASS	06 LaurieLee R	07 Mona S	01 Rachel D			
12 Rob W	13 Gita G	14 Rachel D	08 Rachel D			
19 LaurieLee R	20 LaurieLee R	21 Rachel D	15 Rachel D			
26 Rob W	27 LaurieLee R	28 Rachel D	22 Rachel D			
			29 Rachel D			
			YOGA 8:00 PM			
			01 Rachel D			
			08 Rachel D			
			15 Rachel D			
			22 Rachel D			
			29 Rachel D			

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