

# AUGUST - 2019 -- SUNRIDGE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Step 08:40 AM		Barre Work Out 08:40 AM		Step 45min 08:40 AM		Core/Benderball/barre 08:45 AM		COED Fire/321 09:25 AM		Step pump 09:25 AM		Zumba^ 10:30 AM	
05	NO CLASS	06	Jumana A	07	^Carlisle E ^	01	Andrea F	02	Jumana A	03	^Carlisle E ^	04	^Vanessa H ^
12	^Carlisle E ^	13	Jumana A	14	Kandi L	08	Darci T	09	Jumana A	10	^Carlisle E ^	11	^Vanessa H ^
19	^Carlisle E ^	20	Jumana A	21	Kandi L	15	Andrea F	16	Jumana A	17	^Carlisle E ^	18	^Vanessa H ^
26	^Carlisle E ^	27	Jumana A	28	Kandi L	22	Darci T	23	Jumana A	24	^Ekene B ^	25	^Vanessa H ^
Force 09:25 AM		Fire/bodyblast 09:25 AM		Zumba^ 09:25 AM		HIIT cardio LBT 09:25 AM		Hatha Yoga 10:20 AM		Force 10:45 AM			
05	^Kathy K ^	06	Jumana A	07	Nuleati W	01	<b>Andrea strong</b>	02	^Naoko K ^	03	Jerremy M		
12	Megan U	13	Jumana A	14	Maan R	08	Darci T	09	^Naoko K ^	10	Jerremy M		
19	Megan U	20	Jumana A	21	Maan R	15	<b>Andrea Strong</b>	16	^Naoko K ^	17	Jerremy M		
26	Megan U	27	Jumana A	28	Maan R	22	Darci T	23	^Naoko K ^	24	Jerremy M		
Zumba^ 10:45 AM		Hatha Yoga 10:45 AM		Tread N Shred- 09:30 AM		COED MET X 10:30 AM		Fire/bodyblast 4:45 PM		Zumba^ 12:00 PM			
05	Mariane* B	06	^Naoko K ^	07	Megan U	01	Fook S	02	^Carlisle E ^	03	Maan R		
12	^Cherry A ^	13	^Naoko K ^	14	Megan U	08	Fook S	09	Marjorie M	10	Maan R		
19	^Cherry A ^	20	^Naoko K ^	21	Megan U	15	Fook S	16	^Carlisle E ^	17	Maan R		
26	^Cherry A ^	27	^Naoko K ^	28	Megan U	22	Fook S	23	^Ekene B ^	24	Maan R		
COED Force 4:45 PM		Step pump 4:45 PM		Get Ripped 4:45 PM		COED Master* Mobility 4:45 PM		Zumba^ 5:35 PM		COED on the floor TKO 10:45 AM			
05	NO CLASS	06	^Carlisle E ^	07	Marjorie M	01	Eric B	02	Jumana A	03	Jacelyn		
12	Jerremy M	13	^Carlisle E ^	14	^Carlisle E ^	08	Eric B	16	Jumana A	10	No class		
19	Jerremy M	20	^Carlisle E ^	21	^Carlisle E ^	15	Eric B	23	Jumana A	17	Jacelyn		
26	Jerremy M	27	Kandace P	28	Kandace P	22	Eric B	30	Jumana A	24	Jacelyn		
Step pump 5:35 PM		Zumba^ 5:35 PM		COED Force 5:35 PM		Force 5:35 PM							
05	NO CLASS	06	Jumana A	07	Danielle S	01	^Carlisle E ^						
12	Kandi L	13	Jumana A	14	Danielle S	08	^Carlisle E ^						
19	Kandi L	20	Jumana A	21	Danielle S	15	^Carlisle E ^						
26	Kandi L	27	Jumana A	28	Danielle S	22	^Carlisle E ^						
Zumba^ 6:40 PM		Fire/bodyblast 6:30 PM		Zumba^ 6:30 PM		Step pump 6:30 PM							
05	NO CLASS	06	Jumana A	07	Kelsey P	01	^Carlisle E ^						
12	Kelsey P	13	Jumana A	14	Kelsey P	08	^Carlisle E ^						
19	Kelsey P	20	Jumana A	21	Kelsey P	15	^Carlisle E ^						
26	Nuleati (W) ^	27	Jumana A	28	Kelsey P	22	^Carlisle E ^						
		Hatha Yoga 7:35 PM				Zumba^ 7:35 PM							
		06	^Naoko K ^			01	Mariane* B						
		13	^Naoko K ^			08	Mariane* B						
		20	^Naoko K ^			15	Mariane* B						
		27	^Naoko K ^			22	Mariane* B						
						29	Mariane* B						

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