

WORLDHEALTH

GROUP

FITNESS

CITY CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM	Group Ride*				Group Power		
11:00AM							
11:20AM	HIIT 30	YOGA	HIIT 30				
12:00PM	REVS Group Power*	REVS HIIT 45	YOGA REVS	REVS Group Active*	YOGA REVS Group Blast		
12:00PM	Barre Work (coming soon!)		Group Fight*	Barre Work (coming soon!)			
1:00PM		YOGA		YOGA			
4:15PM	HIIT 45		HIIT 45				
5:00PM	Group Active*	Insanity (60 min)	YOGA Group Power*		Group Fight		
6:00PM	Group Power*						

* SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE, FOR THE MOST UP-TO-DATE SCHEDULE PLEASE VISIT WORLDHEALTHDMONTON.CA/GROUP-CLASSES/