

WORLDHEALTH

GROUP

FITNESS

CLAREVIEW

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00AM							Group Ride
9:30AM	Group Power	Group Blast	LIFT	Group Active	HIIT 60	Group Active	
10:00AM						Group Power	Group Power
10:30AM	Zumba						
11:00AM						Zumba	Group Centergy
11:30AM							
12:00PM							
5:30PM	Group Power*	Group Fight	Group Ride	Group Blast			
6:30PM	Group Ride* Group Groove*	Group Blast	Group Power	Group Centergy			
7:30PM				Zumba			
8:00PM							

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