

# WORLDHEALTH

# GROUP

# FITNESS

## GATEWAY

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM							
7:00AM							
8:15AM							
9:00AM	ABSolution 30	Group Core		Group Core			
9:30AM	Group Power	Group Blast	LIFT	Group Blast	Group Active*	Group Blast	
10:30AM						Group Power	YOGA
11:30AM						YOGA	Zumba
12:00PM							
5:00PM							
5:30PM							
6:00PM	Group Power*	Group Blast	ABSolution 30	Group Power			
6:30PM			HIIT 60				
7:00PM	Zumba*	YOGA		Zumba			

\* SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE, FOR THE MOST UP-TO-DATE SCHEDULE PLEASE VISIT [WORLDHEALTHDMONTON.CA/GROUP-CLASSES/](http://WORLDHEALTHDMONTON.CA/GROUP-CLASSES/)