

WORLDHEALTH

GROUP

FITNESS

GLENORA

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM	Group Power*	REVS	Group Power*	REVS			
8:15AM						REVS	
9:00AM						HIIT 60	
9:30AM	Group Ride	Iron Reps	YOGA	Barre Above	Group Ride	REVS	
10:00AM							CYCLE
10:30AM					YOGA	Group Power	
11:00AM							Group Power*
11:30AM							
12:00PM							Group Centergy*
5:00PM	REVS	REVS	REVS	REVS	Group Ride		
5:30PM			LIFT				
6:00PM	Group Centergy*	Group Power*		Group Power*			
6:30PM			ABSolution 30				
7:00PM		YOGA	Zumba	Group Centergy*			
7:30PM							

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