

WORLDHEALTH

GROUP

FITNESS

KENSINGTON

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM							
9:00AM							
9:30AM	Group Active	Insanity* (60 mins)	Group Power	TABATA Bootcamp	Group Power	Group Blast	CYCLE TABATA Bootcamp
10:30AM						Group Power	HIIT 60
11:30AM						TABATA Bootcamp	Zumba
12:30PM							
5:30PM	LIFT	Group Fight	CYCLE	TABATA			
6:00PM		CYCLE (30 mins)					
6:30PM	Zumba* Group Ride*	TABATA Express	Group Power	YOGA			
7:00PM		YOGA					
7:30PM			Zumba				
8:00PM							

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