

WORLDHEALTH

GROUP

FITNESS

MAYFIELD

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM							
9:30AM	Zumba HOT YOGA		Group Power* HOT YOGA	Group Active	Zumba* HOT YOGA	REVS Group Blast*	Group Ride Group Fight
10:00AM						HOT YOGA	
10:30AM	Bender Barre		Bender Barre		Bender Barre	Group Power*	Group Power
11:00AM							HOT YIN YOGA
11:30AM						Zumba HOT YOGA	
12:00PM	Group Ride HIIT 60	Group Power	HIIT 60	HOT YOGA HIIT 60	Group Ride* HIIT 60		
5:00PM	ABSolution 45	ABSolution 45					
5:30PM	Group Ride* HIIT 60 HOT YOGA*	Group Ride* LIFT HOT YOGA	Group Ride* HOT YOGA	Group Power HOT YIN YOGA	Group Ride* HOT YOGA		
6:30PM	Group Blast*		Zumba	Group Ride Zumba			YOGA
6:45PM						HOT YIN YOGA	
7:00PM		HOT YOGA		HOT YOGA			
7:30PM							
8:15PM				HOT YIN YOGA			

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