

WORLDHEALTH

GROUP

FITNESS

ST.ALBERT TRAIL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM				; fci d'F]XY			
9:00AM							; fci d'F]XY
9:15AM						7M@9	
9:30AM	; fci d'Dck Yf	; fci d':][\h	LIFT	Ni a VU	; fci d'5M]j Yf	; fci d':][\H	
10:00AM							; fci d'6'Ugh
10:30AM						; fci d'Dck Yf	
11:00AM							Ni a VU
11:30PM						YOGA	
5:30PM	7M@9 ; fci d'5M]j Yf	<=H*\$; fci d'5M]j Y	6UffY'5Vcj Y	Ni a VU		
6:00PM							
6:30PM	; fci d'Dck Yf	Ni a VU 7M@9		<=H45			
7:30PM							

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