



Edmonton

Change Your Body. Change Your Life.

# Gold's Group Ex Weekly Schedule

Gold's Gym West Edmonton Mall – Gate 57  
178 Street & 90 Avenue Phone: 780-484.Gold (4653)



Edmonton

Change Your Body. Change Your Life.

## November 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>29</b> 9:00am Spin(Kelly) 10:00am Just Core/Just Butt (Kelly) 6:00pm Bootcamp (Luis) 7:00pm Yoga (Esha)	<b>30</b> 9:30am Group Power (Joanne) 7:00pm Zumba (Kelsey)	<b>31</b> 9:00am Bootcamp (Luis) 9:45am Spin (Luis) 11:00am Hatha Yoga( Esha)	<b>1</b> 9:00am Group Power (Joanne) 10:15am Spin (Joanne) 7:00pm HIT-High Intensity Training (Kora)
<b>2</b> 9:30am Group Power (Brenda) 5:30pm Spin (Stu) 6:00pm Bootcamp (Kora) 7:00pm 300 Workout (Kora)	<b>3</b> 9:00am Spin (Kelly) 10:00am Just Core/ Just Butt (Steve) 6:00pm Bootcamp (Steve) 7:00pm Yoga (Esha)	<b>4</b> 9:30am Group Power (Brenda) 6:00pm Spin (Kelly) 7:00pm Butt & Abs (Kora) 7:45pm Upperbody Blast (Kora)	<b>5</b> 9:00am Spin(Kelly) 10:00am Just Core/Just Butt (Steve) 6:00pm Bootcamp (Luis) 7:00pm Yoga (Esha)	<b>6</b> 9:30am Group Power (Joanne) 7:00pm Zumba (Kelsey)	<b>7</b> 9:00am Bootcamp (Luis) 9:45am Spin (Luis) 11:00am Hatha Yoga( Esha)	<b>8</b> 9:00am Group Power (Joanne) 10:15am Spin (Joanne) 7:00pm HIT-High Intensity Training (Kora)
<b>9</b> 9:30am Group Power (Brenda) 5:30pm Spin (Stu) 6:00pm Bootcamp (Kora) 7:00pm 300 Workout (Kora)	<b>10</b> 9:00am Spin (Kelly) 10:00am Just Core/ Just Butt (Steve) 6:00pm Bootcamp (Steve) 7:00pm Yoga (Esha)	<b>11</b> 9:30am Group Power (Brenda) 6:00pm Spin (Kelly) 7:00pm Butt & Abs (Kora) 7:45pm Upperbody Blast (Kora)	<b>12</b> 9:00am Spin(Kelly) 10:00am Just Core/Just Butt (Steve) 6:00pm Bootcamp (Kora) 7:00pm Yoga (Esha)	<b>13</b> 9:30am Group Power (Joanne) 7:00pm Zumba (Kelsey)	<b>14</b> 9:00am Bootcamp (Luis) 9:45am Spin (Luis) 11:00am Hatha Yoga( Esha)	<b>15</b> 9:00am Group Power (Joanne) 10:15am Spin (Joanne) 7:00pm HIT-High Intensity Training (Kora)
<b>16</b> 9:30am Group Power (Brenda) 5:30pm Spin (Stu) 6:00pm Bootcamp (Luis) 7:00pm 300 Workout (Luis)	<b>17</b> 9:00am Spin (Kelly) 10:00am Just Core/ Just Butt (Steve) 6:00pm Bootcamp (Steve) 7:00pm Yoga (Esha)	<b>18</b> 9:30am Group Power (Brenda) 6:00pm Spin (Kelly) 7:00pm Butt & Abs (Kora) 7:45pm Upperbody Blast (Kora)	<b>19</b> 9:00am Spin(Kelly) 10:00am Just Core/Just Butt (Steve) 6:00pm Bootcamp ((Kora) 7:00pm Yoga (Esha)	<b>20</b> 9:30am Group Power (Joanne) 7:00pm Zumba (Kelsey)	<b>21</b> 9:00am Bootcamp (Luis) 9:45am Spin (Luis) 11:00am Hatha Yoga( Esha)	<b>22</b> 9:00am Group Power (Joanne) 10:15am Spin (Joanne) 7:00pm HIT-High Intensity Training (Kora)
<b>23/30</b> 9:30am Group Power (Brenda) 5:30pm Spin (Stu) 6:00pm Bootcamp (Luis) 7:00pm 300 Workout (Luis)	<b>24</b> 9:00am Spin (Kelly) 10:00am Just Core/ Just Butt (Steve) 6:00pm Bootcamp (Steve) 7:00pm Yoga (Esha)	<b>25</b> 9:30am Group Power (Brenda) 6:00pm Spin (Kelly) 7:00pm Butt & Abs (Kora) 7:45pm Upperbody Blast (Kora)	<b>26</b> 9:00am Spin(Kelly) 10:00am Just Core/Just Butt (Steve) 6:00pm Bootcamp (Kora) 7:00pm Yoga (Esha)	<b>27</b> 9:30am Group Power (Joanne) 7:00pm Zumba (Kelsey)	<b>28</b> 9:00am Bootcamp (Joanne) 9:45am Spin (Joanne) 11:00am Hatha Yoga( Esha)	<b>29</b> 9:00am Group Power (Joanne) 10:15am Spin (Joanne) 7:00pm HIT-High Intensity Training (Kora)

