

**Staffed Hours**

Monday: 8:30am to 6.30pm

Tuesday-Thursday: 6am to 11am &amp; 2.30pm to 6.30pm

Friday: 6am to 1:00pm

Saturday: 8am to 11am

ABN: 82 165 196 458

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		KorFit (Sharyn 45 min)	KorFit (Luke 45 min)	KorFit (Sharyn 45 min)	KorFit (Luke 45 min)	
8:15am						Pilates (Cheryl 1 hr)
9:30 am	KorFit (Luke 45 min)	KorFit (Luke 45 min)	KorFit (Luke 45 min)	KorFit (Luke 45 min)	KorFit (Luke 45 min)	Strong (Michelle 45min)
10:00 am						Zumba (Monique 45 min)
5:00 pm	Barbell Blast (Sharyn 30 min)					
5:30 pm	KorFit (Sharyn 45 min)	KorFit (Amanda 45 min)	KorFit (Amanda 45 min)			
6.00pm				KorFit (Amanda 45 min)		
6:15 pm	Zumba (Monique 45 min)	Yoga Vinyasa (Noelene 45 min)	Zumba (Monique 45 min)			