onehealthclubs — group fitness schedule

OAKVILLE LOCATION

1011 Upper Middle Road E, Oakville 905 842 7444

also available online at **www.onehealthclubs.com**

EFFECTIVE JULY 15, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am			MUSCLE EXPRESS 6:30am 45 min Tina		EMOM BOOTCAMP 9:00am 45 min - Sara	BODYSCULPT 8:45am 60 min Tina	HOT YOGA FLOW ALL LEVELS 85° 9:00am 60 min Anna A *IN THE YOGA STUDIO*
	BODYSCULPT 9:30am 60 min Anna Z	FLOW YOGA (NON-HEATED) 9:30am 60 min Ange M *IN THE YOGA STUDIO*		FIT AND FUNCTION 9:30am 60 min Anna Z	FLOW YOGA ALL LEVELS 9:30am 60 min Adeela *IN THE YOGA STUDIO*	WARM FLOW YOGA ALL LEVELS 75° 9:00am Annalisa *IN THE YOGA STUDIO*	BODYSCULPT 10:15am 60 min Mona
		CORE, STABILITY & STRETCH 9:45am Kara	BODY/CORE SCULPT 9:30am 60 min Kara			ALL LEVELS YOGA 10:15am 60 min Annalisa *IN THE YOGA STUDIO*	HOT YOGA FLOW INTERMEDIATE 85° 10:30am Ange *IN THE YOGA STUDIO*
pm			HOT INTERMEDIATE FLOW 85° 5:30pm 60 min Joseph *IN THE YOGA STUDIO*	H.I.I.T 5:30pm 60 min Mona			
	ALL LEVELS YOGA 5:45pm 60 min Annalisa *IN THE YOGA STUDIO*	STRENGTH & CONDITIONING 6:00pm 50 min Kara	NEW TIME! STRENGTH & CONDITIONING 5:30pm 50 min Mona	WARM FLOW ALL LEVELS 75° 5:45pm 60 min Angela N *IN THE YOGA STUDIO*	NEW! STRETCH, FLEX AND ENHANCE 6:00pm 60 min Sanjay		
	ZUMBA 6:00pm 60 min Lucita	NEW! STRETCH, FLEX AND ENHANCE 7:00pm 60 min Sanjay	WARM ALL LEVELS FLOW 75° 6:45pm 60 min Joseph *IN THE YOGA STUDIO*	ZUMBA 7:00pm 60 min Lucita			
	WARM YIN YOGA 75° 7:00pm 60 min Ange *IN THE YOGA STUDIO*	WARM YIN YOGA 75° 7:00pm 60 min Kara *IIN THE YOGA STUDIO*		NEW TIME! WARM YIN YOGA 75° 7:00pm Latika *IN THE YOGA STUDIO*			

*All classes are subject to change based on a minimum participation.

Members are restricted to signing up for multiple classes per day. All members must be pre-registered to attend a class. Please see front desk if you are gaining access through a walk-in spot

Registered participants can cancel online only up to 1 hour prior to the start of class. "No - shows" and last minute cancellations will lose booking privileges for 14 days.