

OAKVILLE LOCATION

1011 Upper Middle Road E, Oakville 905 842 7444
 also available online at www.onehealthclubs.com

EFFECTIVE MONDAY, OCTOBER 26, 2020

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am						BODYSCULPT 8:30am 60 min Sarah	CORE YOGA 9:00am 60 min Anna Main Studio
	BODYSCULPT 9:30am 60 min Anna Z	FLOW YOGA 9:30am 60 min Beata Main Studio	BODY/CORE SCULPT 9:30am 60 min Angela	FIT AND FUNCTION 9:30am 60 min Tania A	FLOW YOGA ALL LEVELS 9:45am 60 min Lori	ALL LEVELS YOGA 10:00am 60 min Beata Main Studio	ATHLETIC CONDITIONING 10:30am 60 min Paul
pm	ALL LEVELS YOGA 6:00pm 60 min Amita Main Studio	H.I.I.T. 6:00pm 60 min Sarah	FLOW YOGA 5:30pm 60 min Joseph Main Studio	ATHLETIC CONDITIONING 5:30pm 60 min Paul	NEW! FUNCTIONAL CONDITIONING 5:30pm 60 min Sarah		
			ZUMBA 7:00pm 60 min Claudia				

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

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.

Members are restricted to one class per day only.

Space is limited. Participants must register online for all classes. There will be no walk-in spots.