

OAKVILLE LOCATION

1011 Upper Middle Road E, Oakville 905 842 7444

also available online at www.onehealthclubs.com

EFFECTIVE OCTOBER 30, 2022

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	BODYSULPT 9:30am 60 min Anna Z	NEW! HOT YOGA ALL LEVELS 90° 6:00am 60 min Anna A <i>IN THE YOGA STUDIO</i>	NEW! MAT PILATES 8:15am 60 min Fariba <i>IN THE YOGA STUDIO</i>			BODYSULPT 8:45am 60 min Tina	YOGA FLOW ALL LEVELS 85° 9:00am 60 min Anna A <i>IN THE YOGA STUDIO</i>
	YOGA (NON-HEATED) ALL LEVELS 10:00am 60 min - Joseph <i>IN THE YOGA STUDIO</i>	FLOW YOGA (NON-HEATED) 9:30am 60 min Claudette <i>IN THE YOGA STUDIO</i>	BODY/CORE SCULPT 9:30am 60 min Kara	FIT AND FUNCTION 9:30am 60 min Anna Z	FLOW YOGA ALL LEVELS 9:45am 60 min Lori	ALL LEVELS YOGA 10:00am 60 min Annalisa	NEW! BODYSULPT 10:15am 60 min Anna
pm	ALL LEVELS YOGA 5:45pm 60 min Amita <i>IN THE YOGA STUDIO</i>	STRENGTH & CONDITIONING 6:00pm 50 min Kara	YOGA FLOW 85° 5:30pm 60 min Joseph <i>IN THE YOGA STUDIO</i>	H.I.I.T 5:30pm 60 min Anna Agas			
	ZUMBA 6:00pm 60 min Claudia		ATHLETIC CONDITIONING 5:30pm 45 min Kara	FLOW YOGA ALL LEVELS 80° 5:45pm 60 min Angie Nistor <i>IN THE YOGA STUDIO</i>	ZUMBA 6:30pm 60 min Claudia		
	CORE AND STRENGTH 7:15pm 60 min Anna A	HATHA YOGA 80° 7:00pm 60 min Kara <i>IN THE YOGA STUDIO</i>	ZUMBA 7:00pm 60 min Claudia				

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

Members are restricted to one class per day only.

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.

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