

OAKVILLE LOCATION

1011 Upper Middle Road E, Oakville 905 842 7444  
 also available online at [www.onehealthclubs.com](http://www.onehealthclubs.com)

EFFECTIVE JANUARY 23, 2023

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