












OAKVILLE LOCATION

1011 Upper Middle Road E, Oakville 905 842 7444

also available online at www.onehealthclubs.com

EFFECTIVE FEBRUARY 7, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	MAT PILATES 9:15am 60 min Heather S <i>IN THE YOGA STUDIO</i>	HOT YOGA ALL LEVELS 90°  6:00am 60 min Ange <i>IN THE YOGA STUDIO</i>	MUSCLE EXPRESS 6:30am 45 min Tina			BODYSculPT 8:45am 60 min Tina	YOGA FLOW ALL LEVELS 85°  9:00am 60 min Ange <i>IN THE YOGA STUDIO</i>
	BODYSculPT 9:30am 60 min Anna Z	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 9:30am 60 min Ange M	 WARM FLOW YOGA ALL LEVELS 9:00am Annalisa <i>IN THE YOGA STUDIO</i>	BODYSculPT 10:15am 60 min Mona
	 HOT YOGA ALL LEVELS FLOW 85° 10:45am Adeela <i>IN THE YOGA STUDIO</i>	SCulPT EXPRESS 9:45am 45 min Kiran		 WARM HATHA YOGA 10:45am Paul C <i>IN THE YOGA STUDIO</i>		ALL LEVELS YOGA 10:15am 60 min Annalisa	 YOGA FLOW INTERMEDIATE 90° 10:30am Ange <i>IN THE YOGA STUDIO</i>
pm	ALL LEVELS YOGA 5:45pm 60 min Annalisa <i>IN THE YOGA STUDIO</i>	STRENGTH & CONDITIONING 6:00pm 50 min Kara	 HOT INTERMEDIATE FLOW 85° 5:30pm 60 min Joseph <i>IN THE YOGA STUDIO</i>	H.I.I.T 5:30pm 60 min Mona	CORE / STRENGTH 5:30pm 60 min Angie		
	ZUMBA 6:00pm 60 min Angie C	 WARM HATHA YOGA 7:00pm 60 min Kara <i>IN THE YOGA STUDIO</i>	ATHLETIC CONDITIONING 5:45pm 55 min Angie C	 FLOW YOGA ALL LEVELS 80° 5:45pm 60 min Angela N <i>IN THE YOGA STUDIO</i>	ZUMBA 6:30pm 60 min Angie C		
			 WARM ALL LEVELS FLOW 6:45pm Joseph <i>IN THE YOGA STUDIO</i>	 NEW! WARM YIN YOGA 7:15pm Latika <i>IN THE YOGA STUDIO</i>			
		HATHA YOGA 80° 7:00pm 60 min Kara <i>IN THE YOGA STUDIO</i>	ZUMBA 7:00pm 60 min Angie C				

*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 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