




OAKVILLE LOCATION

1011 Upper Middle Road E, Oakville 905 842 7444

also available online at [www.onehealthclubs.com](http://www.onehealthclubs.com)

EFFECTIVE APRIL 1, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>MAT PILATES</b> 9:15am 60 min Heather S <i>IN THE YOGA STUDIO</i>	<b>HOT YOGA ALL LEVELS 90°</b>  6:00am 60 min Anna A <i>IN THE YOGA STUDIO</i>	<b>MUSCLE EXPRESS</b> 6:30am 45 min Tina			<b>BODYSculPT</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>BODYSculPT</b> 9:30am 60 min Anna Z	<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> 9:30am 60 min Ange M	<b>WARM FLOW YOGA ALL LEVELS</b>  9:00am Annalisa <i>IN THE YOGA STUDIO</i>	<b>BODYSculPT</b> 10:15am 60 min Mona
		<b>NEW! CORE BLAST CLASS</b> 9:45am 45 min Kiran		<b>NEW TIME! WARM HATHA YOGA</b>  10:30am Paul C <i>IN THE YOGA STUDIO</i>		<b>ALL LEVELS YOGA</b> 10:15am 60 min Annalisa	<b>YOGA FLOW INTERMEDIATE 90°</b>  10:30am Ange <i>IN THE YOGA STUDIO</i>
pm							
	<b>CORE/STRENGTH &amp; MOBILITY</b> 5:00pm 60 min Sara	<b>STRENGTH &amp; CONDITIONING</b> 6:00pm 50 min Kara	<b>HOT INTERMEDIATE FLOW 85°</b>  5:30pm 60 min Joseph <i>IN THE YOGA STUDIO</i>	<b>H.I.I.T</b> 5:30pm 60 min Mona	<b>NEW TIME! ZUMBA</b> 5:30pm 60 min Kiran		
	<b>ALL LEVELS YOGA</b> 5:45pm 60 min Annalisa <i>IN THE YOGA STUDIO</i>		<b>BODYSculPT</b> 6:00pm 60 min Kiran	<b>FLOW YOGA ALL LEVELS 80°</b>  5:45pm 60 min Angela N <i>IN THE YOGA STUDIO</i>			
	<b>ZUMBA</b> 6:00pm 60 min Lucita	<b>NEW! WARM YIN YOGA 75-80°</b>  7:00pm 60 min Kara <i>IN THE YOGA STUDIO</i>	<b>WARM ALL LEVELS FLOW</b>  6:45pm Joseph <i>IN THE YOGA STUDIO</i>	<b>ZUMBA</b> 7:00pm 60 min Lucita			
	<b>NEW! YIN YOGA</b> 7:00pm 60 min Ange <i>IN THE YOGA STUDIO</i>		<b>ZUMBA</b> 7:00pm 60 min Kiran	<b>WARM YIN YOGA</b>  7:15pm Latika <i>IN THE YOGA STUDIO</i>			

\*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