

Oski Group Exercise Time



BARRE STUDIO

TIME	Mon	Tue	Wed	Thur	Frid	Sat	Sun
6:30-7:20am				Barre Bums			
7:05-8am	Mat Pilates	Aerial Tricks	Aerial Condition				
7:30-8:20am				Barre Beginners	Barre Play		
8:30-9:30am						Aerial Foundations	Barre Bums
9:40-10:40						Aerial Beginners	
12:05-1pm	Aerial Fun	Barre HIIT	Barre Play	Barre Play	Barre Bums		
1:05-2pm	X- Training	Barre Sculpt	Barre Sculpt	Body Stretch	Supercharged		
5:05-6pm	Slider Barre	Adult Ballet	Barre Play	Aerial Barre	Barre Sculpt		
6:05-7pm	Barre Sculpt	Aerial Beginners	Barre Sculpt	Anti-Gravity			
6:15- 7:15pm					Rings		

Grippy Socks must be worn for all above classes

PILATES STUDIO








TIME	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30-7:20am	Pilates Reformer	Pilates Reformer Int		Pilates Reformer	Pilates Reformer		
7:10-8am			Pilates Reformer				
7:30-8:20am	Pilates Reformer	Pilates Reformer		Pilates Reformer	Pilates Reformer		
8:30-9:30am						Pilates Reformer	Pilates Reformer
9:40-10:40						Pilates Reformer	Pilates Reformer
12:10-1pm	Pilates Reformer Int	Pilates Reformer	Pilates Reformer Int	Pilates Reformer Int	Pilates Reformer		
1:10-2pm	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer Int	Pilates Reformer		
5:10-6pm	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer			
6:10-7pm	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer		

Grippy Socks must be worn for all above classes

Oski Group Exercise Time



YOGA STUDIO

TIME	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:00-7am			Radiant Flow				
7am-7:45am		Zumba					
7:15-8:15am	Yin		Vin Flow	Hatha	Hatha		
7:45-8:30am		Body Stretch					
8:30-9:30am						Vinyasa	Vinyasa
9:35-10:30am						Restorative	Yin
12:00-12:50pm	Vinyasa	Vinyasa	Vinyasa Flow	Vinyasa	Vinyasa		
1:10-2pm	Vinyasa L1	Vinyasa L1	Sound Bath Healing	Yin	Vinyasa L1		
4:30-5:40pm							Vinyasa
5:15-6pm	Vinyasa Express	Vinyasa Express	Vinyasa Express	Vinyasa	Hot Yoga		
6:10-7pm	Vinyasa Flow	Vinyasa Flow	Fitball	Yin			
6:20-7:20pm					Yin		
7:25-7:55pm					Sound Bath Healing 		
7.05-7:35pm	Meditation						
7:15-8:05pm		 Circuit 	 Circuit 	 Circuit 			


Bring your Yoga Mat or hire for \$2!

Butterfly indicates NEW class



Indicates sneakers must be worn



during this class 

Please note that Grippy Socks must be worn for classes; Aerial, Pilates Reformer and Barre
Oski sells Grippy Socks for \$20