

10 Session Group Pass: \$150+Tax

6 Session Small Group \$120+Tax

Call for Small Group PT Options

2 Month Expiry



GROUP SCHEDULE - JUNE 2019

1495 Bonniebrook Heights Road, Gibsons

604.993.1888

info@oasistraining.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 9:30am Cardio/Strength Circuit Heather 4:30pm Spin / Stretch - Colleen 5:30pm Small Group PT - Colleen	4 8:30am Move Well - Heather 5:30pm Small Group PT Colleen	5 9:30am Cardio/Strength Circuit Colleen/Heather 4:30pm CORE Strength - Colleen 5:30pm Small Group PT - Colleen	6 8:30am Move Well - Heather 5:30pm Small Group PT - Colleen	7 9:30am Cardio/Strength Circuit Heather 4:30pm Spin / Stretch Colleen	8 8:00am Small Group PT - Colleen 8:00am BOOTCAMP - Gillian 9:00am Small Group PT - Colleen
10 9:30am Cardio/Strength Circuit Heather 4:30pm Spin / Stretch - Colleen 5:30pm Small Group PT - Colleen	11 8:30am Move Well - Heather 5:30pm Small Group PT Colleen	12 9:30am Cardio/Strength Circuit Colleen/Heather 4:30pm CORE Strength - Colleen 5:30pm Small Group PT - Colleen	13 8:30am Move Well - Heather 5:30pm Small Group PT - Colleen	14 9:30am Cardio/Strength Circuit 4:30pm Spin / Stretch Colleen	15 8:00am Small Group PT - Colleen 8:00am BOOTCAMP - Gillian 9:00am Small Group PT - Colleen 10:00am BOOTCAMP - Robin
17 9:30am Cardio/Strength Circuit Heather 4:30pm Spin / Stretch - Colleen 5:30pm Small Group PT - Colleen	18 8:30am Move Well - Heather 5:30pm Small Group PT Colleen	19 9:30am Cardio/Strength Circuit Colleen/Heather 4:30pm CORE Strength - Colleen 5:30pm Small Group PT - Colleen	20 8:30am Move Well - Heather 5:30pm Small Group PT - Colleen	21 9:30am Cardio/Strength Circuit 4:30pm Spin / Stretch Colleen	22 8:00am Small Group PT - Colleen 8:00am BOOTCAMP - Gillian 9:00am Small Group PT - Colleen 10:00am BOOTCAMP - Robin
24 9:30am Cardio/Strength Circuit Heather 4:30pm Spin / Stretch - Colleen 5:30pm Small Group PT - Colleen	25 8:30am Move Well - Heather 5:30pm Small Group PT Colleen	26 9:30am Cardio/Strength Circuit Colleen/Heather 4:30pm CORE Strength - Colleen 5:30pm Small Group PT - Colleen	27 8:30am Move Well - Heather 5:30pm Small Group PT - Colleen	28 9:30am Cardio/Strength Circuit 4:30pm Spin / Stretch Colleen	29 8:00am Small Group PT - Colleen 8:00am BOOTCAMP - Gillian 9:00am Small Group PT - Colleen 10:00am BOOTCAMP - Robin