



March 2022

SMALL GROUP PERSONAL TRAINING

MEMBERS ONLY CALENDAR

DAY/TIME	CLASS
MONDAY	
9:30 AM	Upper Body Blast
5:30 PM	Upper Body Blast
TUESDAY	
5:00 PM	30 Min Cardio - Martial Arts Inspired
5:30 PM	Whole Body Circuit
WEDNESDAY	
8:30 AM	Whole Body Circuit
4:30 PM	Balance/Stretch/Core
5:30 PM	Lower Body Strength
THURSDAY	
9:30 AM	Whole Body Strength Training
5:00 PM	30 Min Cardio - Martial Arts Inspired
5:30 PM	Whole Body Circuit
FRIDAY	
8:30 AM	Whole Body Circuit
SATURDAY	
10:00 AM	THIS WILL BE A "POP-UP" CLASS - DATE TO BE DETERMINED <i>Types of classes: Stretch, Pilates, Core and more.</i>

***** CREATE YOUR OWN CLASS! Book a time and day(s) that work for you and a few friends to personalize your workouts. Call 604-993-1888 anytime to set it up!**

Please purchase your monthly pass or drop-in on website oasistraining.ca/shop or e-transfer (GST Applies)

WAIT List for **in-studio** opportunities - Please ask to be on the list.

24 hour cancellation fee in effect for planning and reservation purposes especially during Covid Restrictions.