



September schedule

All Classes are available on Zoom!

In-studio has class size limit for Covid-19 regulations – reserve ahead

Purchase monthly passes or drop-in on our “SHOP” page

www.oasistraining.ca

604.993.1888

TIME	CLASS	TRAINER	LOCATION
MONDAY			
9:30AM	Upper Body Strength	Colleen	ZOOM/STUDIO
11:30AM	Move Well	Heather	ZOOM ONLY
4:30PM	SPIN 45	Colleen	STUDIO
5:30PM	Upper Body Blast	Colleen	ZOOM/STUDIO
TUESDAY			
6:00AM	Upper Body Blast	Colleen	ZOOM/STUDIO
9:30AM	Senior Fitness	Colleen	ZOOM/STUDIO
5:30PM	Strength Circuit	Colleen	ZOOM/STUDIO
WEDNESDAY			
8:30AM	Whole Body	Colleen	ZOOM
9:30AM	Strength Training	Colleen	ZOOM/STUDIO
11:30AM	Move Well	Heather	ZOOM ONLY
4:30PM	CORE	Colleen	ZOOM/STUDIO
5:30PM	Lower Body Blast	Colleen	ZOOM/STUDIO
THURSDAY			
6:00AM	Whole Body	Colleen	ZOOM/STUDIO
12NOON	Spin 45	Colleen	STUDIO
FRIDAY			
8:30AM	Whole Body	Colleen	ZOOM/STUDIO
9:30AM	Circuit	Colleen	ZOOM/STUDIO
11:30AM	Move Well	Heather	ZOOM ONLY
SATURDAY			
9:00AM	Saturday Whole Body Circuit	Colleen	ZOOM/STUDIO

Create Your Own Private Group!



Simply select a time (check for availability) with 3 or more friends and enjoy your own in-studio or zoom class. You can even invite friends/family from anywhere (in a reasonable time-zone) to join your group online!