



SMALL GROUP PERSONAL TRAINING

***** 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! ALSO, you can partner up! Just ask!**

For standard classes listed below, 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.

MONDAY

9:30 AM Upper Body Blast

5:30 PM Upper Body Blast

WEDNESDAY

8:30 AM Whole Body Circuit

5:30 PM Lower Body Strength

THURSDAY

5:30 PM Whole Body Circuit

FRIDAY

8:30 AM Whole Body Circuit