



## SMALL GROUP PERSONAL TRAINING

### NOVEMBER 2022 SCHEDULE

DAY/TIME	CLASS
<b>MONDAY</b>	
9:30 AM	Upper Body Blast
5:30 PM	Upper Body Blast
<b>WEDNESDAY</b>	
8:30 AM	Whole Body Circuit
5:30 PM	Lower Body Strength
<b>THURSDAY</b>	
5:30 PM	Whole Body Circuit
<b>FRIDAY</b>	
8:30 AM	Whole Body Circuit

**\*\*\* 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](https://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.