

**10 Session Group Pass: \$150+Tax**  
**3 Month Expiry**  
**Call for Small Group PT Options**



**604.993.1888**  
**1495 Bonniebrook Heights Road**  
**Gibsons**  
**www.oasistraining.ca**

# MARCH 2019 - GROUP SCHEDULE

**Classes open for drop-in if space permits. Drop-in \$20, \$25 for PT Group**

**\*Please CONFIRM ATTENDANCE - 12 hr Cancellation Policy for Planning Purposes**

## MONDAYS

**9:30am** Cardio / Strength Circuit - Heather  
**4:30pm** 30/30 - Spin/Stretch - Colleen  
**5:30pm** Small Group PT - Colleen

## TUESDAYS

**8:30am** Move Well - Heather  
**9:30pm** Strictly Strength - Heather  
**5:30pm** Cardio Kickboxing - Robin

## WEDNESDAYS

**6:00am** Spin Class! - Colleen  
**9:30am** Cardio / Strength Circuit - Robin  
**4:30pm** CORE Strength/Balance - Colleen  
**5:30pm** Small Group PT - Colleen

## THURSDAYS

**8:30am** Move Well - Heather  
**9:30am** Strictly Strength - Heather  
**5:30pm** Cardio / Strength Circuit - Robin

## FRIDAYS

**9:30am** Cardio / Strength Circuit - Colleen/Heather  
**4:00pm** 30/30 Spin/Stretch - Colleen  
**5:00pm** Boxing Class - Robin

## SATURDAYS

**8:00am** Bootcamp - Gillian  GM Fitness Class: 604.970.3126  
**9:00am** Small Group PT - Colleen  
**10:00am** Bootcamp / Strength - Robin  
**11:00am** Strength/ Yoga Stretch - Heather

**\*Create your own group with a friend or a few! Call to book! 604.993.1888**