

10 Session Group Pass: \$150+Tax
2 Month Expiry
6 Session Small Group \$120+Tax
Call for Small Group PT Options



604.993.1888
1495 Bonniebrook Heights Road
Gibsons
www.oasistraining.ca

OCTOBER 2019 - GROUP SCHEDULE

Classes open for drop-in if space permits. Drop-in Cost is \$20 for Regular Classes, \$25 for Small Group PT

***Space is Limited - Please CONFIRM ATTENDANCE - 12 hr Cancellation Policy**

MONDAYS

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

TUESDAYS

8:30am Move Well - Heather
5:30pm Small Group Personal Training - Colleen
5:30pm Cardio / Strength Circuit - Greg


WEDNESDAYS

9:30am Cardio / Strength Circuit - Heather
4:30pm CORE Strength/Balance - Colleen
5:30pm Small Group Personal Training - Colleen

THURSDAYS

8:30am Move Well - Heather
5:30pm Small Group Personal Training - Colleen
5:30pm Cardio Strength Circuit - Greg

FRIDAYS

9:30am Cardio / Strength Circuit - Heather
4:30pm 30/30 Spin/Stretch - Colleen
5:30pm CARDIO Kickboxing 

SATURDAYS

8:00am Small Group Personal Training - Colleen
9:00am Small Group Personal Training - Colleen
10:00am Small Group Personal Training - Heather

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