OSLO® Health

Class Schedule Summer 2017 (effective June 1st)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Strength & Conditioning 45 Mins	Hot Yoga 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Slow Yoga Flow 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins		
7.45am	Warm Yoga Flow 45 Mins	Express Power Yoga 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Power Yoga 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Hot Yoga 9.00am 55 Mins	Restorative Pilates 9.30am 55 Mins
Mid-morning Classes						Strength & Conditioning 10.15 am 55 Mins	Cardio Pilates The OSLO Method 10.30 am 55 Mins
				Mummy & Me Yoga & Pilates Fusion 10.00 am 55 Mins	Vinyasa Yoga 10.00am 55 mins	Restorative Pilates 11.30am 55 Mins	Vinyasa Yoga (Core focus) 12pm 55 Mins
12.30pm	Express Cardio Pilates The OSLO Method 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Strength & Conditioning 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Cardio Pilates The OSLO Method 12.30 pm 55 Mins	
1.15pm	Express Barre 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Barre 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins		
5.30pm	Vinyasa Yoga 55 Mins	Barre 55 Mins	Barre 55 Mins	Hot Yoga 55 Mins	Barre 55 Mins		
6.30pm	Ashtanga Yoga 55 Mins	Barre 55 Mins	Ante Natal Pilates / Yoga Fusion 55 Mins	Barre 55 Mins	Revive & Restore Pilates 55 Mins		
7.30pm	Restorative Pilates 55 Mins	Ashtanga Yoga 55 Mins	Warm Yoga Flow 55 Mins	Hot Power Yoga 8.00pm 55 Mins			

Our purpose built studio boasts climate control, a state of the art music system and luxurious changing areas with shower facilities.
Download our App OSLO Health to manage your bookings.

* This timetable is subject to change. Book online at www.oslohealth.ie