



Class Schedule Winter 2017 (Effective November 2017)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Express Morning Classes 7am	Strength & Conditioning 45 Mins	Hot Yoga 45 Mins	Cardio Pilates 45 Mins	Slow Yoga Flow 45 Mins	Cardio Pilates 45 Mins	Hot Yoga 9.00am 55 Mins	Restorative Pilates 9.30am 55 Mins
Express Morning Classes 7.45am		Power Yoga 45 Mins	Slow Flow Pilates 45 Mins	Power Yoga 45 Mins	Cardio Pilates 45 Mins	Strength & Conditioning 10.15am 55 Mins	Cardio Pilates 10.30am 55 Mins
Mid-morning Classes	Revive & Restore Pilates 10.00am 55 Mins	Mummy & Me Yoga & Pilates Fusion 10.30am 55 Mins		Mummy & Me Yoga & Pilates Fusion 10.00am 55 Mins	Warm Yoga Flow 10.00am 55 mins	Strength & Conditioning Total Body 11.30am 55 Mins	Vinyasa Yoga 12pm 55 Mins
			Pregnancy Barre 11.30am 55 Mins			Cardio Pilates 12.30pm 55 Mins	
Express Lunchtime Classes 12.30pm	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins	Strength & Conditioning 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins	Warm Flow Pilates 5.00pm 55 Mins	Slow Vinyasa Flow 3.00pm 75 Mins
Express Lunchtime Classes 1.15pm	Barre 45 Mins	Cardio Pilates 45 Mins	Barre 45 Mins	Cardio Pilates 45 Mins	Slow Flow Pilates 45 Mins	<p>Download our App OSLO Health to manage your bookings.</p> <p>* This timetable is subject to change. Book online at www.oslohealth.ie</p>	
5.30pm	Vinyasa Yoga 55 Mins	Barre 55 Mins	Mindful Glow & Flow Yoga 55 Mins	Hot Yoga 55 Mins	Barre 55 Mins		
6.30pm	Ashtanga Yoga 55 Mins	Barre 55 Mins	Pregnancy Yoga 55 Mins	Barre 55 Mins	Revive & Restore Pilates 55 Mins		
7.30pm	Yin Yoga 7.45pm 55 Mins	Ashtanga Yoga 75 Mins	Warm Yoga Flow 55 Mins	Vinyasa by Candlelight 7.30pm 55 Mins			