



Class Schedule Summer 2018

NEW OSLO BOOTCAMP!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Express Morning Classes 7am	OSLO Bootcamp 45 Mins	Hot Yoga 45 Mins	Cardio Pilates 45 Mins	HIIT Yoga 45 Mins	Cardio Pilates 45 Mins	HIIT Yoga 8.00am 55 Mins	Restorative Pilates 9.00am 55 Mins
Express Morning Classes 7.45am	Restorative Pilates 45 Mins	Power Yoga 45 Mins	Sunrise Barre 45 Mins	Slow Yoga Flow 45 Mins	OSLO Bootcamp 45 Mins	Hot Yoga 9.00am 55 Mins	OSLO Bootcamp 10.00am 45 Mins
Mid-morning Classes		Mummy & Me Yoga & Pilates Fusion 10.30am 55 Mins		Mummy & Me Yoga & Pilates Fusion 10.00am 55 Mins		Strength & Conditioning 10.15am 55 Mins	Cardio Pilates 11.00pm 55 Mins
						OSLO Bootcamp 11.30am 45 Mins	Vinyasa Yoga 12.00pm 55 Mins
Express Lunchtime Classes 12.30pm	OSLO Bootcamp 45 Mins	Cardio Pilates 45 Mins	Strength & Conditioning 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 12.30pm 55 Mins	Strong Vinyasa Flow* 1.30pm 55 Mins
Express Lunchtime Classes 1.15pm	Barre 45 Mins	Cardio Pilates 45 Mins	OSLO Bootcamp 45 Mins	Cardio Pilates 45 Mins	OSLO Bootcamp 45 Mins		Slow Vinyasa Flow 3.00pm 75 Mins
				Pregnancy Pilates/ Yoga Fusion 60 Mins		<p>Download our App OSLO Health to manage your bookings.</p> <p>* This timetable is subject to change. You can see the updated timetable in our app or clicking on the 'Book' button 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			

Yin Yoga* final class will be 9th July and will resume 3rd September.
Meditative Yoga Session will take it's place from 16th July.

Strong Vinyasa Flow* final class will be 25th June.
Slow Vinyasa Flow will be moved to 1.30pm to replace it.