



Class Schedule Autumn 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Conditioning							
Prenatal/ Mummy & me							
Pilates							
Barre							
OSLO Bootcamp							
Yoga							
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		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 11.00am 55 Mins
						OSLO Bootcamp 11.00am 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 12.15pm 55 Mins	Slow 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	Download our App OSLO Health to manage your bookings.	
				Pregnancy Pilates/ Yoga Fusion 60 Mins			
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			
						* 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	