

Class Schedule

Strength & Conditioning	Prenatal/ Mummy & me	Pilates	Barre	OSLO Bootcamp	Yoga	Meditation
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Express Morning Classes 7am	Strong Yoga Flow 45min	Hot Yoga 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins	Ashtanga 8.00am	Restorative Pilates 9.00am 55 Mins
Express Morning Classes 7.45am	Sunrise Barre 45 Mins	Power Yoga 45 Mins	Sunrise Barre 45 Mins	Vinyasa Yoga 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 10.00am 55 Mins		Sunrise Barre 10.15am 55 Mins	Cardio Pilates 11.00am 55 Mins
		Mummy & Me Yoga & Pilates Fusion 10.30am 55 Mins				OSLO Bootcamp 11.15am 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	Strength & Conditioning 45 Mins		Mindful Meditation 3pm 30 Mins
				Pregnancy Pilates/ Yoga Fusion 60 Mins			
1.30pm						Cardio Dance 45 Mins	
Express Evening Classes 5.15pm					Express Barre 45 min		
5.30pm	Vinyasa Yoga 55 Mins	Barre 55 Mins	Mindful Glow & Flow Yoga 55 Mins	Hot Yoga 55 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>	
6pm					Barre 55 min		
6.30pm	Strong Yoga Flow 55 Mins	Barre 55 Mins	Pregnancy Yoga 55 Mins	Barre 55 Mins			
7.15pm					Strong Yoga Flow 55min		
7.30pm		Ashtanga Yoga 75 Mins	Warm Yoga Flow 55 Mins	Vinyasa by Candlelight 7.30pm 55 Mins			
7.45pm	Yin Yoga 55 Mins						
9pm	Mindful Meditation 9pm 30 Mins						