

Oakleigh Recreation Centre

VIRTUAL TIMETABLE

STUDIO 1 VIRTUAL TIMETABLE	Monday		Tuesday	
	2pm	Full Body Stretch-30	2pm	Gentle Hatha Yoga-30
	3pm	Zumba Basics-30	3pm	Axis Core Workout-30
	4pm	Yoga Fitness-45		
	Wednesday		Thursday	
	2pm	Yin Yoga-30	4:30pm	Zumba Basics-30
	4pm	Zumba-35	5:01pm	Axis Core Workout-30
	Friday		Saturday	
	2:30pm	Stretch for Stress Release-30	3pm	Abs of Steel-30
	3:30pm	Restorative Yoga-33	4pm	Active Yoga-30
	Sunday		Participants are required to bring a towel and drink bottle to each class.  Unsupervised class, please participate at your discretion.	
	11:45am	Pilates-45		
	3pm	Zumba Basics-30		
	3:40pm	Relax and Reset-30		

CYCLE VIRTUAL TIMETABLE	Monday		Tuesday	
	9:30am	Cycle Beginner-30	10:30am	Cycle-33
	10:30am	Cycle-1hour	4pm	Cycle-30
	5:00pm	Cycle-30		
	Wednesday		Thursday	
	9am	Cycle-45	3pm	Cycle-32
	4:45pm	Cycle-45	5pm	Cycle-1hour
	Friday		Saturday	
	9am	Cycle-55	11:30am	Cycle-55
	11:30am	Cycle-45	4pm	Cycle-1hour
	Sunday		Participants are required to bring a towel and drink bottle to each class.  Unsupervised class, please participate at your discretion.	
	10:00am	Cycle Beginner-30		
	11:30am	Cycle Advanced-45		