

Oakleigh Recreation Centre

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				
STUDIO 1 VIRTUAL TIMETABLE		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				

		Monday		Tuesday	
		9:30am	Cycle Beginner-30	10:30am	Cycle-33
10:30am	Cycle-1hour	4pm	Cycle-30		
5:00pm	Cycle-30				
CYCLE VIRTUAL TIMETABLE		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				