

Oakleigh Recreation Centre

VIRTUAL TIMETABLE

| | | Monday | | Tuesday | |
|-------------------------------|--------------------|-----------|-----------------------------|--|-----------------|
| | | 1pm | Fitness Dance-45 | 2pm | Yoga Vinyasa-50 |
| 4:30pm | Barre Meets Mat-45 | 3:30pm | Pilates-55 | | |
| STUDIO 1 VIRTUAL TIMETABLE | | Wednesday | | Thursday | |
| | | 1pm | Mobility Yoga-50 | 1pm | Bodytone-45 |
| 4pm | Pilates-45 | 4:30pm | Box Kick-33 | | |
| | | Friday | | Saturday | |
| | | 1pm | Barre-30 | 4pm | Fitness Yoga-45 |
| 2pm | Dance Cardio-30 | 5pm | Kick It-1hr | | |
| | | Sunday | | Participants are required to bring a towel and drink bottle to each class. Unsupervised class, please participate at your discretion. | |
| | | 11:45am | Gentle Barre-45 | | |
| | | 2pm | Back to Basics Boot Camp-45 | | |
| | | 3:45pm | Cardio Burner-20 | | |

| | | Monday | | Tuesday | |
|----------------------------|----------|-----------|----------|--|----------|
| | | 9:30am | Cycle-30 | 10:30am | Cycle-45 |
| 4:30pm | Cycle-30 | 4pm | Cycle-30 | | |
| CYCLE VIRTUAL TIMETABLE | | Wednesday | | Thursday | |
| | | 9am | Cycle-45 | 12:30pm | Cycle-30 |
| 4:45pm | Cycle-30 | 5pm | Cycle-45 | | |
| | | Friday | | Saturday | |
| | | 9am | Cycle-45 | 11:30am | Cycle-45 |
| 12pm | Cycle-20 | | | | |
| | | Sunday | | Participants are required to bring a towel and drink bottle to each class. Unsupervised class, please participate at your discretion. | |
| | | 11:30am | Cycle-45 | | |