

GROUP EXERCISE

August 31st –
September 10th

MONDAY

	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	ORIAM CIRCUITS	SH1 A
12:15 – 13:00	YIN YOGA – Moira	SH1 A
14:30 – 15:00	ORIAM CONDITIONING	SH1 A
17:15 – 17:45	ORIAM CIRCUITS	SH1 A
18:15 – 18:45	CYCLE FIT – Danny	SH1 A
19:15 – 20:00	ORIAM BARBELL – Danny	SH1 A

TUESDAY

	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	ORIAM CIRCUITS	SH1 A
11:00 – 11:30	ORIAM CONDITIONING	SH1 A
12:15 – 13:00	ZUMBA – Angela G	SH1 A
14:30 – 15:00	ORIAM CIRCUITS	SH1 A
17:15 – 17:45	ORIAM CONDITIONING	SH1 A
18:15 – 18:45	SPIN – Tracy	SH1 A

WEDNESDAY

	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	ORIAM CIRCUITS	SH1 A
09:30 – 10:15	ORIAM BARBELL – Danny	SH1 A
12:15 – 13:00	YOGA – Moira	SH1 A
17:15 – 17:45	ORIAM CIRCUITS	SH1 A
18:30 – 19:15	ORIAM X-FIT – Danny	SH1 A

THURSDAY

	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	ORIAM CIRCUITS	SH1 A
12:15 – 13:00	ORIAM X-FIT – Danny	SH 1 / 2
14:30 – 15:00	ORIAM CIRCUITS	SH 1 / 2
17:15 – 17:45	ORIAM CONDITIONING	SH1 A / STUDIO 1
18:15 – 19:00	PILATES – Katrina	SH1 A / STUDIO 1

FRIDAY

	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:15	YOGA – Moira	SH1 A
12:00 – 12:45	CYCLE FIT – Claire	SH 1 / 2
13:15 – 13:45	ORIAM CONDITIONING	SH 1 / 2
17:15 – 17:45	ORIAM CIRCUITS	SH1 A
18:15 – 19:00	ORIAM X-FIT – Danny	SH1 A

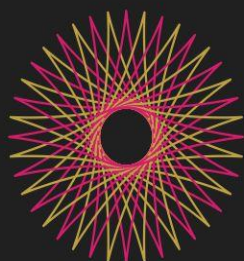
SATURDAY

	<u>CLASS</u>	<u>VENUE</u>
09:30 – 10:15	PILATES – Angela K	SH1 A
10:45 – 11:05	CORE	SH1 A
12:30 – 13:00	ORIAM CIRCUITS	SH1 A
14:30 – 15:00	ORIAM CONDITIONING	SH1 A

SUNDAY

	<u>CLASS</u>	<u>VENUE</u>
09:30 – 10:15	CYCLE FIT – Tracy	SH1 A
10:45 – 11:30	ORIAM BARBELL – Claire	SH1 A
12:30 – 13:00	ORIAM CIRCUITS	SH1 A
14:30 – 15:00	ORIAM CONDITIONING	SH1 A

Please note there will be **NO** classes running on Friday 11th September.



Oriam
HEALTH AND FITNESS

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