

# GROUP EXERCISE

September 12<sup>th</sup> –  
December 31<sup>st</sup>  
2020

## MONDAY

08:30 – 09:00  
12:15 – 13:00  
14:30 – 15:00  
17:15 – 17:45  
18:00 – 18:30  
18:45 – 19:30

## CLASS

ORIAM CIRCUITS  
YIN YOGA – Moira  
ORIAM CONDITIONING  
ORIAM CIRCUITS  
CYCLE FIT – Danny  
ORIAM BARBELL – Danny

## VENUE

STUDIO 1  
STUDIO 1  
STUDIO 1  
STUDIO 1  
SPIN AREA  
STUDIO 1

## THURSDAY

08:30 – 09:00  
09:30 – 10:15  
12:15 – 13:00  
14:30 – 15:00  
17:15 – 17:45  
18:15 – 19:00

## CLASS

ORIAM CIRCUITS  
ACTIVE LIVING – Sarah  
ORIAM X-FIT – Danny  
ORIAM CIRCUITS  
ORIAM CONDITIONING  
PILATES – Katrina

## VENUE

STUDIO 1  
STUDIO 1  
STUDIO 1  
STUDIO 1  
STUDIO 1  
STUDIO 1

## TUESDAY

08:30 – 09:00  
12:15 – 13:00  
14:30 – 15:00  
17:15 – 17:45  
18:00 – 18:30  
18:45 – 19:30

## CLASS

ORIAM CIRCUITS  
ZUMBA – Angela G  
ORIAM CIRCUITS  
ORIAM CONDITIONING  
SPIN – Tracy  
PILATES – Angela K

## VENUE

SH2  
STUDIO 1  
STUDIO 1  
STUDIO 1  
SPIN AREA  
STUDIO 1

## FRIDAY

08:30 – 09:15  
12:00 – 12:45  
14:30 – 15:00  
17:15 – 17:45  
18:15 – 19:00

## CLASS

YOGA – Moira  
CYCLE FIT – Claire  
ORIAM CONDITIONING  
ORIAM CIRCUITS  
ORIAM X-FIT – Danny

## VENUE

STUDIO 1  
SPIN AREA  
STUDIO 1  
STUDIO 1  
STUDIO 1

## WEDNESDAY

08:30 – 09:00  
09:30 – 10:15  
12:00 – 12:45  
12:15 – 13:00  
17:15 – 17:45  
18:30 – 19:15

## CLASS

ORIAM CIRCUITS  
ORIAM BARBELL – Danny  
SPIN – Dale  
YOGA – Moira  
ORIAM CIRCUITS  
ORIAM X-FIT – Danny

## VENUE

SH2  
STUDIO 1  
SPIN AREA  
STUDIO 1  
STUDIO 1  
STUDIO 1

## SATURDAY

09:30 – 10:15  
12:30 – 13:00  
14:30 – 15:00

## CLASS

PILATES – Angela K  
ORIAM CIRCUITS  
ORIAM CONDITIONING

## VENUE

STUDIO 1  
STUDIO 1  
STUDIO 1

## SUNDAY

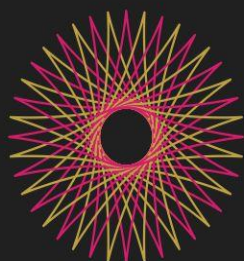
09:30 – 10:15  
10:45 – 11:30  
12:30 – 13:00  
14:30 – 15:00

## CLASS

CYCLE FIT – Tracy  
ORIAM BARBELL – Claire  
ORIAM CIRCUITS  
ORIAM CONDITIONING

## VENUE

SPIN AREA  
STUDIO 1  
STUDIO 1  
STUDIO 2



**Oriam**  
HEALTH AND FITNESS

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