

GROUP EXERCISE

September 12th –
December 31st
2020

MONDAY

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

CLASS

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

VENUE

STUDIO 1
STUDIO 1
STUDIO 1
SPIN AREA
STUDIO 1

THURSDAY

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

CLASS

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

VENUE

STUDIO 1
STUDIO 1
STUDIO 1
STUDIO 1
STUDIO 1

TUESDAY

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

CLASS

ORIAM CIRCUITS
ZUMBA – Angela G
ORIAM CONDITIONING
CYCLE FIT – Tracy
PILATES – Angela K

VENUE

SH2
STUDIO 1
STUDIO 1
SPIN AREA
STUDIO 1

FRIDAY

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

CLASS

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

VENUE

STUDIO 1
SPIN AREA
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
CYCLE FIT – 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

CLASS

PILATES – Angela K
ORIAM CIRCUITS

VENUE

STUDIO 1
STUDIO 1

SUNDAY

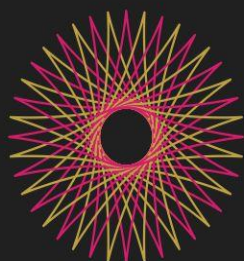
09:30 – 10:15
10:45 – 11:30
12:30 – 13:00

CLASS

CYCLE FIT – Tracy
ORIAM BARBELL – Claire
ORIAM CIRCUITS

VENUE

SPIN AREA
STUDIO 1
STUDIO 1



Oriam
HEALTH AND FITNESS

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