



OXFORD CLUB

SPA & SALON

December Group Fitness Schedule: 12/18-12/24/2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-8:00am Sunrise Yoga with Marrana	7:00-8:00am Spin Yoga with Marrana	7:00-8:00am Sunrise Yoga with Marrana	7:00-8:00am Spin Yoga with Marrana	7:00-8:00am Vinyasa Yoga with Sarah B.	
			11:00-11:45am HIIT with Donny			8:00-9:10am Vinyasa Yoga with Elena
10:00- 11:00am Flow Yoga with Sally	11:00-11:55am Sports Fit with Alisa		11:45-12:25pm Pilates Mat with Heather	11:40-12:20pm Core Strength with Troy	11:30-12:25pm Pilates with Paulette	11:40-12:20pm Lower Body Focus with Troy
		11:40-12:20pm Fully Body Strength with Troy	11:30-12:30pm Body Transformer Bootcamp (signup- limit 5) with Alisa *Weight Room	9:15-10:15am Group Power with Megan		
		12:30-1:30pm Power Yoga with Heather	12:20-1:00pm Upper Body with Troy	12:30-1:30pm Yoga for WL&T with Heather	12:20-1:00pm Full Body Strength with Troy	12:20-1:00pm Core Strength with Troy
	1:00-2:00pm Yoga Fit with Heather		1:00-1:40pm Lower Body Focus with Troy	12:20-1:00pm Full Body Strength with Troy	12:30-1:30pm Yoga for Athletes with Heather	
				1:00-1:40pm Upper Body Focus with Troy		
					1:00-1:40pm Full Body Strength with Troy	
	5:30-6:30pm Vinyasa Yoga with Sarah	5:30-6:30pm Group Power with Megan	5:30-6:30pm Vinyasa Yoga with Sarah	5:15-6:15pm Ski & Snowboard Conditioning with Alisa (meet in weight room)	5:30-6:30pm Group Power with Megan	