

OTTAWA ATHLETIC CLUB GROUP FITNESS SCHEDULE - SPRING 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 HOT FLOW YOGA (REGISTER ONLINE)	6:15 OAC BOOTCAMP 45	6:30 HOT FLOW YOGA (REGISTER ONLINE)	6:15 OAC BOOTCAMP 45	8:45 POWER AQUA	8:00 HIGH INTENSITY SPIN 45 (REGISTER ONLINE)	9:00 HOT POWER YOGA (REGISTER ONLINE)
8:45 POWER AQUA	7:00 WAKE ME UP (REGISTER ONLINE)	8:45 POWER AQUA	7:00 WAKE ME UP (REGISTER ONLINE)	9:00 POWER 45	9:00 CYCLE 60 (REGISTER ONLINE)	9:00 CYCLE 60 (REGISTER ONLINE)
9:00 OAC BOOTCAMP 45	8:00 TABATA BOOTCAMP	9:10 TWILIGHT ZONE (REGISTER ONLINE)	8:00 TABATA BOOTCAMP	9:10 CYCLE 60 (REGISTER ONLINE)	9:00 BEGINNER YOGA (REGISTER ONLINE) 🙌	9:30 H.I.I.T.
9:10 CYCLE 60 (REGISTER ONLINE)	9:00 AQUA BOOT CAMP	9:30 CIRCUIT ON THE SPOT	9:00 AQUA BOOT CAMP	9:30 AQUA 🙌	9:00 AQUA	10:30 🧘 ZUMBA
9:30 AQUA 🙌	9:30 CIRCUIT ON THE SPOT	9:30 AQUA 🙌	9:30 CIRCUIT ON THE SPOT	9:45 🧘 ZUMBA	9:30 POWER HOUR	10:30 HOT YIN/YANG YOGA (REGISTER ONLINE)
9:45 🧘 ZUMBA	9:30 HATHA YOGA 75 (REGISTER ONLINE)	10:30 GENTLE FLOW YOGA (REGISTER ONLINE)	9:30 GENTLE YOGA 🙌 (REGISTER ONLINE)	10:00 JUST WOMEN	10:30 POWER YOGA 90 (REGISTER ONLINE)	12:30 MAIN EVENT BOXING (ADDED CLASS!)
10:00 JUST WOMEN	10:30 KEEP ON MOVIN' (90 MINUTES) 🙌	10:30 KEEP ON MOVIN' (90 MINUTES) 🙌	10:30 KEEP ON MOVIN' (90 MINUTES) 🙌	10:30 FLOW YOGA (REGISTER ONLINE)	10:30 CORE CRUSH 30	
10:30 FLOW YOGA (REGISTER ONLINE)	12:00 HOT POWER YOGA (REGISTER ONLINE)	12:00 HATHA YOGA 🙌 (REGISTER ONLINE)	10:45 MUSCLE RESTORE (REGISTER ONLINE)	10:50 STRETCH & FLEX 🙌		
10:50 STRETCH & FLEX 🙌	12:15 HIGH INTENSITY SPIN 45 (REGISTER ONLINE)	12:15 ATHLETIC CONDITIONING	12:00 YIN/YANG YOGA (REGISTER ONLINE)	12:15 ATHLETIC CONDITIONING		
12:00 HATHA YOGA 🙌 (REGISTER ONLINE)	4:30 HOT DETOX FLOW (REGISTER ONLINE)	4:45 MUSCLE RESTORE 🙌 (REGISTER ONLINE)	12:15 HIGH INTENSITY SPIN 45 (REGISTER ONLINE)	5:30 AQUA		
12:15 ATHLETIC CONDITIONING	5:00 I.C.E. (INTEGRATED CORE EXERCISES)	5:00 FIRE	4:30 HOT FLOW YOGA (REGISTER ONLINE)	6:00 BEGINNER YOGA 🙌 (REGISTER ONLINE)		
5:00 H.I.I.T.	5:45 STEP MANIA	5:30 CYCLE 60 (REGISTER ONLINE)	5:30 CYCLE 60 (ADDED CLASS!)	7:00 MAIN EVENT BOXING		
5:30 AQUA	6:15 HOT FLOW YOGA (REGISTER ONLINE)	5:30 AQUA	6:15 HATHA YIN YOGA (REGISTER ONLINE)			
5:30 CYCLE 60 (REGISTER ONLINE)	7:30 HOT YIN YOGA 75 (REGISTER ONLINE)	5:45 H.I.I.T. 45				
5:45 FIRE	7:00 MAIN EVENT BOXING	6:15 POWER FLOW YOGA (REGISTER ONLINE)				
6:15 POWER YOGA (REGISTER ONLINE)						
7:30 YIN YOGA 75 (REGISTER ONLINE)						



REGISTER FOR SPIN AND YOGA CLASSES ONLINE AT
WWW.OTTAWAATHLETICCLUB.COM

MON. MARCH 19 - SUN. MAY 20

FITNESS

AQUA

YOGA

SPIN