

OTTAWA ATHLETIC CLUB GROUP FITNESS SCHEDULE - SUMMER 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 CYCLE 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	9:00 AQUA BOOT CAMP	9:10 TWILIGHT ZONE (REGISTER ONLINE)	9:00 AQUA BOOT CAMP	9:10 CYCLE 60 (REGISTER ONLINE)	9:00 BEGINNER YOGA 🙏 (REGISTER ONLINE)	9:30 H.I.I.T.
9:10 CYCLE 60 (REGISTER ONLINE)	9:30 CIRCUIT ON THE SPOT	9:30 CIRCUIT ON THE SPOT	9:30 CIRCUIT ON THE SPOT	9:30 AQUA 🙏	9:00 AQUA	10:30 🧘 ZUMBA
9:30 AQUA 🙏	9:30 HATHA YOGA 75 (REGISTER ONLINE)	9:30 AQUA 🙏	9:30 GENTLE YOGA 🙏 (REGISTER ONLINE)	9:45 🧘 ZUMBA	9:30 POWER HOUR	10:30 HOT YIN/YANG YOGA (REGISTER ONLINE)
9:45 🧘 ZUMBA	10:30 KEEP ON MOVIN' 🙏 (90 MINUTES)	10:30 GENTLE FLOW YOGA (REGISTER ONLINE)	10:30 KEEP ON MOVIN' 🙏 (90 MINUTES)	10:00 JUST WOMEN	10:30 POWER YOGA 90 (REGISTER ONLINE)	
10:00 JUST WOMEN	12:00 HOT POWER YOGA (REGISTER ONLINE)	10:30 KEEP ON MOVIN' 🙏 (90 MINUTES)	10:45 MUSCLE RESTORE (REGISTER ONLINE)	10:30 FLOW YOGA (REGISTER ONLINE)	10:30 CORE CRUSH 30	
10:30 FLOW YOGA (REGISTER ONLINE)	12:15 CYCLE 45 (REGISTER ONLINE)	12:00 HATHA YOGA 🙏 (REGISTER ONLINE)	12:00 YIN/YANG YOGA (REGISTER ONLINE)	10:50 STRETCH & FLEX 🙏		
10:50 STRETCH & FLEX 🙏	4:30 HOT DETOX FLOW (REGISTER ONLINE)	12:15 ATHLETIC CONDITIONING	12:15 CYCLE 45 (REGISTER ONLINE)	12:15 ATHLETIC CONDITIONING		
12:00 HATHA YOGA 🙏 (REGISTER ONLINE)	5:00 I.C.E. (INTEGRATED CORE EXERCISES)	4:45 MUSCLE RESTORE 🙏 (REGISTER ONLINE)	4:30 HOT FLOW YOGA (REGISTER ONLINE)	5:30 AQUA		
12:15 ATHLETIC CONDITIONING	6:15 HOT FLOW YOGA (REGISTER ONLINE)	5:00 FIRE	5:30 CYCLE 60 (ADDED CLASS!)	6:00 BEGINNER YOGA 🙏 (REGISTER ONLINE)		
5:00 H.I.I.T.	7:00 MAIN EVENT BOXING	5:30 CYCLE 60 (REGISTER ONLINE)	6:15 HATHA YIN YOGA (REGISTER ONLINE)	7:00 MAIN EVENT BOXING		
5:30 AQUA	7:30 HOT YIN YOGA 75 (REGISTER ONLINE)	5:30 AQUA				
5:30 CYCLE 60 (REGISTER ONLINE)		5:45 H.I.I.T. 45				
5:45 FIRE		6:15 POWER FLOW YOGA (REGISTER ONLINE)				
6:15 POWER YOGA (REGISTER ONLINE)						
7:30 YIN YOGA 75 (REGISTER ONLINE)						



Register Online for Spin & Yoga classes at www.ottawaathleticclub.com