

OTTAWA ATHLETIC CLUB GROUP FITNESS SCHEDULE - FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 HOT SLOW FLOW YOGA	6:15 OAC BOOTCAMP 45	6:30 HOT FLOW YOGA	6:15 OAC BOOTCAMP 45	8:45 POWER AQUA	8:00 CYCLE 45	9:00 HOT POWER YOGA
8:45 POWER AQUA	7:00 WAKE ME UP	8:45 POWER AQUA	7:00 WAKE ME UP	9:00 POWER 45	9:00 CYCLE 60	9:00 CYCLE 60
9:00 OAC BOOTCAMP 45	9:00 AQUA BOOT CAMP	9:10 TWILIGHT ZONE	9:00 AQUA BOOT CAMP	9:10 CYCLE 60	9:00 BEGINNER YOGA 🙏	9:30 H.I.I.T.
9:10 CYCLE 60	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	9:30 AQUA 🙏	9:30 GENTLE YOGA 🙏	9:45 🕒 ZUMBA	9:30 POWER HOUR	10:30 HOT YIN/YANG YOGA
9:45 🕒 ZUMBA	10:30 KEEP ON MOVIN' 🙏 (90 MINUTES)	10:30 GENTLE FLOW YOGA	10:30 KEEP ON MOVIN' 🙏 (90 MINUTES)	10:00 JUST WOMEN (BARRE STUDIO)	10:30 POWER YOGA 90	12:30 MAIN EVENT BOXING (GRECO STUDIO)
10:00 JUST WOMEN (BARRE STUDIO)	12:00 HOT POWER YOGA	10:30 KEEP ON MOVIN' 🙏 (90 MINUTES)	10:45 MUSCLE RESTORE (MULTI-FIT STUDIO)	10:30 FLOW YOGA	10:30 CORE CRUSH 30	
10:30 FLOW YOGA	12:15 CYCLE 45	12:00 HATHA YOGA 🙏	12:00 YIN/YANG YOGA	10:50 STRETCH & FLEX 🙏 (MULTI-FIT STUDIO)		
10:50 STRETCH & FLEX 🙏 (MULTI-FIT STUDIO)	4:30 HOT DETOX FLOW	12:15 ATHLETIC CONDITIONING	12:15 CYCLE 45	12:15 ATHLETIC CONDITIONING		
12:00 HATHA YOGA 🙏	5:00 I.C.E. (INTEGRATED CORE EXERCISES)	12:15 CYCLE 45 (VIRTUAL INSTRUCTOR)	4:30 HOT FLOW YOGA	12:15 CYCLE 45 (VIRTUAL INSTRUCTOR)		
12:15 ATHLETIC CONDITIONING	5:30 CYCLE 60 (VIRTUAL INSTRUCTOR)	4:45 MUSCLE RESTORE 🙏 (MULTI-FIT STUDIO)	5:30 CYCLE 60 (VIRTUAL INSTRUCTOR)	5:30 AQUA		
12:15 CYCLE 45 (VIRTUAL INSTRUCTOR)	6:15 HOT FLOW YOGA	5:00 FIRE	6:00 TRX (MULTI-FIT STUDIO)	5:30 CYCLE 60 (VIRTUAL INSTRUCTOR)		
5:00 H.I.I.T.	7:00 MAIN EVENT BOXING (GRECO STUDIO)	5:30 CYCLE 60	6:15 HATHA YIN YOGA	6:00 BEGINNER YOGA 🙏		
5:30 AQUA	7:30 HOT YIN YOGA 75	5:30 AQUA		7:00 MAIN EVENT BOXING (GRECO STUDIO)		
5:30 CYCLE 60		5:45 H.I.I.T. 45				
5:45 FIRE		6:15 FLOW YOGA				
6:15 POWER YOGA						
7:30 YIN YOGA 75						



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