

# HIIT CLASS SCHEDULE

# SEPTEMBER - DECEMBER 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:00 AM							
7:30 AM	<b>7:45-8:30am</b>		<b>7:45-8:30am</b>		<b>7:45-8:30am</b>		
8:00 AM	<b>45 Min HIIT Daniella</b>	<b>8:00-25 Min Daniella</b>	<b>45 Min HIIT Daniella</b>	<b>8:00-25 Min Daniella</b>	<b>45 Min HIIT Daniella</b>		
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	<b>12:15-25 Min Annie</b>		<b>12:15-25 Min Annie</b>		<b>12:15-25 Min Annie</b>		
12:30 PM		<b>12:45-1:40pm 55 Min HIIT Michael</b>		<b>12:45-1:40pm 55 Min HIIT Michael</b>			
1:00 PM	<b>12:45-25 Min Annie</b>		<b>12:45 -25 Min Annie</b>		<b>12:45-25 Min Annie</b>		
1:15 PM	<b>1:15-2:10pm 55 Min HIIT Michael</b>				<b>1:15-2:10pm 55 Min HIIT Michael</b>		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	<b>6:00 pm 45 Min HIIT Annie</b>	<b>6:00pm 45 Min HIIT Jon</b>	<b>6:00pm 45 Min HIIT Daniella</b>	<b>6:00pm 45 Min HIIT Jon</b>	<b>6:00pm 45 Min HIIT Annie</b>		
6:30 PM							
7:00 PM							



OAK FITNESS  
CLUB

www.oakfitnessclub.com  
(310) 205-9091  
9346 Civic Center Drive  
Suite #145

\*\* Please arrive 10 minutes early for class. Latecomers will not be admitted to join class, and spots will be given to waitlisted students at 5 min prior.

\*\*Please be aware of our 12 hour cancellation policy.

\*\*Online signup closes 90 minutes before start of class. You may still sign up with front desk up to 5 min before, space permitting.

\*\*Minimum of 2 students per class.

For complete terms and conditions, please refer to our *terms* page at [www.oakfitnessclub.com](http://www.oakfitnessclub.com)

# PILATES SCHEDULE

# SEPTEMBER - DECEMBER 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:00 AM	7:00 - 55 Min Jump board Lori	7:00 - 55 Min Jump board L.J	7:00 - 55 Min Reformer Greg	7:00 - 55 Min Jump board Lori	7:00 - 55 Min Reformer L.J		
7:30 AM							
8:00 AM		8:00 - 45 Min Reformer Natalia		8:00 - 45 Min Reformer Natalia			
8:30 AM							
9:00 AM	9:00 - 55 Min Reformer L.J	9:00 - 55 Min Reformer L.J	9:00 - 55 Min Reformer L.J	9:00 - 55 Min Reformer L.J	9:00 - 55 Min Reformer L.J	9:00 - 55 Min Reformer Chris	
9:30 AM							
10:00 AM						10:00 - 55 Min Reformer Dana	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		12:15- 25 Min Dana		12:15 -25 Min Dana			
12:30 PM							
1:00 PM	1:15 - 45 Min Reformer Dana	12:45- 25 Min Dana	1:15 - 45 Min Reformer Lori	12:45 -25 Min Dana	1:15 - 45 Min Reformer Dana		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	5:00 - 45 Min Reformer L.J	5:15 - 45 Min Reformer Regina	5:00 -45 Min Reformer L.J	5:15 - 45 Min Reformer Regina			
5:30 PM							
6:00 PM	6:00 - 45 Min Reformer Lori		6:00 - 45 Min Reformer Lori	6:30 - 45 Min Reformer Aaron			
6:30 PM							
7:00 PM	7:00 - 45 Min Reformer Lori						
7:30 PM							



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\*\*Please see reverse side for class policies\*\*