

Classes at

- High Intensity
- Fighting Classes
- Pilates
- Conditioning
- Yoga
- Kettlebells
- Aerobics
- Pump
- Young Adults
- Pole Fit

Mon	09:30 60mins Core Yoga (Sabine)	10:30 60mins Pump (Demi)		18:30 30mins Semi Ridiculous (Rich)	19:30 60mins Athlete HIIT (Melanie)
Tue	09:30 60mins Boxing (Daniel)		16:30 30mins Young Adults (David)	18:30 30mins Bums Tums & Bingo Wings (David)	19:00 60mins Pump (Demi)
Wed	09:30 60mins Killer Buns Thighs & Tums (Demi)	10:30 30mins Core Work (Ibby)	17:00 30mins Young Adults (David)	18:30 30mins Kettlebells (Rich)	19:00 60mins Boxfit (Rich)
Thur	09:30 60mins Legs Bums & Tums (Kat)	10:40 60mins Pilates (Chen)		18:00 30mins Ab Attack	19:00 60mins Yoga (Shanine)
Fri	09:30 60mins Body Conditioning (Kiki)	10:30 60mins Insanity (Andrew)		18:30 60mins Totally Ridiculous (Rich)	20:00 60mins Pole Fit (Lexi)
Sat	09:30 60mins Aerobics (Demi)	10:30 60mins Pump (Demi)	11:30 60mins Pilates (Melanie)		15:00 30mins Young Adults (Rich)
Sun		10:00 60mins Yoga (Hollie)	11:00 30mins Oxygen Blast (Team OF)		15:00 30mins Young Adults (Team OF)

- Fat Burning
- Toning
- Improve Fitness
- Sculpt & Build
- Improve Posture
- Injury Rehabilitation
- Increase flexibility
- Maintenance
- Improve endurance

Book your class up to 6 days in advance

* Glove liners required for Thump Boxing, available at reception £2

NB. Booked classes that are unattended may carry a £6 fee

0208 368 3715

www.oxygen-fit.co.uk