

	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	OPEN TRAINING / CIRCUIT TRAINING until 7:30am	7 AM OPEN	OPEN TRAINING / CIRCUIT TRAINING until 7:30am	7 AM OPEN	CLOSED	
6:30 AM						
7:00 AM						
7:30 AM	O2 Yoga Dynamic 30mins	DYNAMIC FUSION FLOW	O2 Yoga Dynamic 30mins	ASHTANGA BASED FLOW		
8:00 AM	O2 Yoga Recovery 30mins	60mins	O2 Yoga Recovery 30mins	60mins		8:30 AM OPEN
8:30	OPEN / CIRCUIT	OPEN / CIRCUIT	OPEN / CIRCUIT	OPEN / CIRCUIT	8:30	OPEN / CIRCUIT
9:00					9:00	ASHTANGA BASED FLOW
9:15	O2 Yoga STRETCH & YIN 60 mins	SLOW FLOW 60mins	O2 CORE & FLEXIBILITY 60 mins	O2 GUIDED CIRCUIT TRAINING TRAINING Open Start / End time	10:00	
10:15	OPEN / CIRCUIT	OPEN / CIRCUIT	FACE YOGA 30mins	OPEN / CIRCUIT	10:30	O2 Yoga Dynamic
11:00			OPEN / CIRCUIT		11:00	O2 Yoga Recovery
11:30					11:30	FACE YOGA 30mins
12:00 PM	12 - 4 PM GYM CLOSED Available for PT and private bookings	O2 Yoga -Dynamic 30mins	12 - 4 PM GYM CLOSED Available for PT and private bookings	O2 Yoga -Dynamic 30mins	12:00	OPEN / CIRCUIT TRAINING
12:30 PM		O2 Yoga Recovery 30mins		O2 Yoga Recovery 30mins		
1:00 PM		LUNCHTIME EXPRESS CIRCUIT		LUNCHTIME EXPRESS CIRCUIT		
2:00 PM		2-4 GYM CLOSED		2-4 GYM CLOSED		
4:00 PM	OPEN / CIRCUIT	OPEN / CIRCUIT	OPEN / CIRCUIT	OPEN / CIRCUIT	1 PM GYM CLOSED	
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	O2 STRENGTH 30mins	O2 Yoga Dynamic 30mins	O2 CORE 30mins	O2 CORE & HANDSTANDS 30mins		
6:30 PM	O2 MOBILITY 30mins	O2 Yoga Recovery 30mins	O2 FLEXIBILITY 30mins	O2 FLEXIBILITY 30mins		
7:00 PM	OPEN / CIRCUIT	OPEN / CIRCUIT	OPEN / CIRCUIT	Special Events & Workshops		
7:30 PM						
8PM	CLOSED					