

# oxigentimetable

## class numbers

if class numbers consistently fall below 8 participants, the class will be put under review for 2 weeks. if the numbers remain low, the class will be removed from the timetable. classes under review will say so on the designated timetables outside the studios.

## short term courses

short term courses run throughout school terms. keep posted for times and dates in our newsletter or online [oxigen.com.au](http://oxigen.com.au)

## class bookings

bookings for classes are essential. online bookings can be made via [oxigen.com.au](http://oxigen.com.au) through your member login or you can call the club on **4367 6433**.

bookings can be made 7 days in advance only. If you are unable to attend a class please let us know so other members can participate.



## morning sessions

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6.00am	<ul style="list-style-type: none"> <li>cardio beat (45mins)</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>grit (30mins)</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>cardio beat (45mins)</li> <li>crossfit</li> </ul>		
6.30am			<ul style="list-style-type: none"> <li>CX WORX (30mins)</li> </ul>				
7.00am						<ul style="list-style-type: none"> <li>crossfit</li> </ul>	
8.00am	<ul style="list-style-type: none"> <li>young at heart (1hr)</li> </ul>		<ul style="list-style-type: none"> <li>young at heart (1hr)</li> </ul>		<ul style="list-style-type: none"> <li>young at heart (1hr)</li> </ul>		
8.30am						<ul style="list-style-type: none"> <li>rpm</li> <li>bodypump (1hr)</li> </ul>	
9.00am	<ul style="list-style-type: none"> <li>grit (30mins)</li> <li>reformer (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>trx (30mins)</li> <li>bodypump (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>bodyattack (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>grit (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>CXWORX (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>reformer (9.15am)</li> </ul>	
9.30am	<ul style="list-style-type: none"> <li>CXWORX (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>bodyattack (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>bodypump (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>boxing (1hr)</li> <li>zumba (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>bodystep (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>bodyattack (1hr)</li> </ul>	
10.00am	<ul style="list-style-type: none"> <li>bodystep (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> </ul>					<ul style="list-style-type: none"> <li>pilates (1hr)</li> </ul>
10.30am	<ul style="list-style-type: none"> <li>crossfit</li> <li>zumba (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>yoga (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>pilates/yoga (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>yoga (1hr)</li> </ul>	

## afternoon sessions

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
4.30pm	<ul style="list-style-type: none"> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>crossfit</li> </ul>		<ul style="list-style-type: none"> <li>rpm</li> <li>crossfit</li> </ul>	<ul style="list-style-type: none"> <li>pilates/yoga (1hr)</li> </ul>		
5.00pm	<ul style="list-style-type: none"> <li>CX WORX (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>CX WORX (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>bodypump (1hr)</li> </ul>		<ul style="list-style-type: none"> <li>grit (30mins)</li> </ul>		
5.30pm	<ul style="list-style-type: none"> <li>bodystep (30mins)</li> <li>pilates (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>bodypump (30mins)</li> <li>reformer (1hr)</li> <li>rpm</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> </ul>	<ul style="list-style-type: none"> <li>boxing (1hr)</li> <li>pilates (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>rpm</li> <li>zumba (1hr)</li> <li>crossfit</li> </ul>		
6.00pm	<ul style="list-style-type: none"> <li>bodyattack (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>bodystep (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>CX WORX (30mins)</li> <li>crossfit</li> </ul>				
6.30pm	<ul style="list-style-type: none"> <li>grit (30mins)</li> <li>rpm</li> </ul>	<ul style="list-style-type: none"> <li>zumba (1hr)</li> <li>boxing (1hr)</li> </ul>	<ul style="list-style-type: none"> <li>yoga (1hr)</li> </ul>				