


Studio and Online ZOOM timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES							
7:00-7:45am REFORMER				Reformer INT (45) WENDY			
7:00-7:50am BARRE	Barre (50min) JESS HATFIELD		Barre (50 min) LISA				
7:00-8:00am YOGA	Gentle Hatha/Yin (1hr) JOE		Yin (1hr) DENISE		Vinyasa (1hr) JEREMY		
8:00-9:00am YOGA						Flow (1hr) JOE	
8:30-9:15am REFORMER						Reformer (45) ROMY	
9:15-10:15am YOGA							Restorative Hatha (1hr) VINCCI
9:30-10:30am YOGA						Yin(1hr) JOE	
LUNCH CLASSES							
12:00-12:30pm BARRE		Barre (30) DANI			Barre (30) DANI		
12:00-12:30pm REFORMER	Reformer (30) ROMY	Reformer (30) JESS CAREY	Reformer (30) JESS CAREY		Reformer (30) WENDY		
12:00-12:30pm YOGA	Hatha (30) VINCCI		Vinyasa (30) JEREMY	Restorative Hatha (30) BIANCA			
12:40-1:10pm BARRE	Barre (30) JESS HATFIELD		Barre (30) DANI	Barre (30) DANI			
12:40-1:10pm REFORMER	Reformer (30) ROMY	Reformer (30) JESS CAREY	Reformer (30) JESS CAREY		Reformer (30) WENDY		
12:40-1:10pm YOGA	Hatha (30) VINCCI		Vinyasa (30) JEREMY	Restorative Hatha (30) BIANCA	Hatha (30) JOE		
EVENING CLASSES							
6:00-6:45pm REFORMER		Reformer INT (45) TAMSIN	Reformer INT (45) GRAINNE				
6:00-7:00pm YOGA	Hatha & Meditation JOE	Vinyasa (1hr) PHUNG	Yin(1hr) PHUNG		Yin (1hr) JEREMY		

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Due to COVID-19 regulations, Oski will be ensuring that health and safety is in the best interest of members and staff.

We ask that you do not attend a class if you are not feeling well. Upon attending classes at Oski, we ask that all members keep a social distance of 1.5m and use our sanitizers.

All Studio classes -

- we ask that all members book our studio classes through **Glofox**- download the app and create an account- look for OSKI YOGA
- there is a no-show fee if a member does not show/ or attends a class. Please see our memberships terms and conditions
- to cancel a class, a member has up to **2 hours before** the class is scheduled to cancel through their Glofox app. **Oski will not accept email cancellations or phone calls**

All Barre and Reformer classes-

- members are required to wear grip socks for safety and hygiene. Oski sells Grip socks for \$20
- Oski will not be able to provide Yoga mat hire. All members are required to bring their own yoga mat
- Oski asks that all members follow their instructors request especially on cleaning equipment after use
- Oski will not be able to look after any possessions on the premises
- All members must bring their own yoga mat, water bottle and towel
- We ask that members respectfully leave Oski after their session to stop any overflow of people within reception area

Should you have any questions, please do not hesitate to ask.

Thank you