



OAKWAY GROUP FITNESS

170 OAKWAY RD. EUGENE, OR 97401 • (541) 343-3314

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am Yoga Lab Deborah	8 am Cycle Kristie	8 am Lift Kristina	8 am Yoga Jen	8 am Chair Yoga Jen	7:05 am Flow Fusion Kristina / Corrine
9:15 am Lift Kristina	9:15 am Fire Power Lila	9:15 am Flow Fusion Kristina	9:15 am Step Kasondra	9:15 am Cardio Pump Kristina	8:15 am Step Jodi
10:30 am Pilates Fusion Jen	10:30 am Silver Sneakers Jen	10:30 am World Dance Kim	10:30 am Silver Sneakers Jen	10:30 am World Dance Sofia	9:30 am Lift Jodi
11:45 am B, B, & B Cardio Blend Kay	11:45 am Gentle Yoga Paul	11:45 am Pilates Kay	11:45 am Gentle Yoga Paul	11:45 am Pilates Jessica	10:45 am Yoga Flow Paul / Lila
3 pm Cycle Kristie		3 pm Cycle Kimra		3 pm Qi Gong Kazuko	12 pm World Dance Kasondra / Sarah
4:15 pm Lift Kristina	4:15 pm Flow Fusion Kristina	4:15 pm Kickbox Kasondra	4:15 pm Lift Kimra		3 pm World Dance Sofia / Kim
5:30 pm Pound Kasondra	5:30 pm World Dance Alaina	5:30 pm Step Jodi	5:30 pm World Dance Kasondra	5:30 pm Street 2 Step Kasondra	
6:45 pm World Dance Kim	6:45 pm Lift Jodi	6:45 pm Flow Fusion Alaina	6:45 pm Cycle Janet		
8 pm Yoga Flow Paul		8 pm Yoga Flow Paul			