



OXFORD ATHLETIC CLUB

DESIGNED FOR LIFE IN MOTION.

MIND + BODY SCHEDULE

EFFECTIVE AUGUST 18, 2026

ROOM KEY

TONE A

TONE B

ZEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45AM PILATES: CHAIR TONE B TAYLOR K.	7:00-8:00AM POWER YOGA ZEN MORGAN T.	7:00-8:00AM YOGA FLOW ZEN HAILEY C.	5:45-6:45AM YOGA FLOW ZEN MORGAN T.	5:45-6:45AM POWER YOGA ZEN KLARA F.	8:15-9:15AM YOGA FOUNDATIONS ZEN ANNETTE K.	8:30-9:15AM PILATES: CHAIR TONE B LARA G.
9:00-10:00AM PILATES: EQUIPMENT TONE A TAYLOR K.	8:00-8:45AM PILATES: CHAIR TONE B PATRICIA S.	8:00-9:00AM PILATES: EQUIPMENT TONE A RICKY M.	7:00-8:00AM POWER YOGA ZEN KLARA F.	7:00-8:00AM POWER YOGA ZEN MORGAN T.	8:30-9:15AM PILATES: CHAIR TONE B TAYLOR K.	9:30-10:15AM PILATES: CHAIR TONE B CESS B.
9:15-10:00AM PILATES: CHAIR TONE B NATASHA G.	9:00-10:00AM PILATES: EQUIPMENT TONE A PATRICIA S.	8:15-9:00AM PILATES: CHAIR TONE B CESS B.	9:00-10:00AM PILATES: EQUIPMENT TONE A NATASHA G.	8:00-8:45AM PILATES: ADVANCED MUSICAL CHAIR TONE B RICKY M.	9:30-10:15AM PILATES: CHAIR TONE B LOLA P.	9:30-10:30AM PILATES: EQUIPMENT TONE A LARA G.
9:15-10:15AM YOGA FLOW ZEN MORGAN T.	9:15-10:15AM YOGA SCULPT ZEN HAILEY C.	9:15-10:15AM YOGA SCULPT ZEN HAILEY C.	9:15-10:00AM PILATES: CHAIR TONE B MARJORIE Z.	9:00-10:00AM PILATES: EQUIPMENT TONE A RICKY M.	9:30-10:30AM PILATES: EQUIPMENT TONE A TAYLOR K.	9:30-10:30AM YOGA SCULPT ZEN NANCY W.
10:15-11:15AM PILATES: YUR BACK TONE A LESLIE G.	10:30-11:30AM YOGA FOUNDATIONS ZEN HAILEY C.	9:30-10:15AM PILATES: BEGINNER CHAIR TONE B CESS B.	9:15-10:15AM YOGA FOUNDATIONS ZEN KLARA F.	9:15-10:15AM YOGA FLOW ZEN MORGAN T.	9:30-10:30AM YOGA FLOW ZEN LESLIE J.	10:45-11:15AM INTRO TO REFORMER TONE A CESS B.
10:30-11:30AM YOGA RESTORATIVE ZEN AMY W.	5:00-5:45PM PILATES: CHAIR TONE B NATASHA G.	10:30-11:30AM YOGA RESTORATIVE ZEN MORGAN T.	10:15-11:00AM PILATES: CHAIR TONE B NATASHA G.	9:30-10:15AM PILATES: CHAIR TONE B CATHY S.	10:45-11:15AM INTRO TO REFORMER TONE A LOLA P.	10:45-11:45AM YOGA FLOW ZEN RONI C.
5:00-5:45PM PILATES: CHAIR TONE B RICKY M.	6:00-7:00PM PILATES: EQUIPMENT TONE A NATASHA G.	12:00-1:00PM POWER YOGA ZEN MORGAN T.	10:15-11:15AM PILATES: EQUIPMENT TONE A MARJORIE Z.	10:30-11:30AM YOGA RESTORATIVE ZEN CARLA B.	10:45-11:45AM YOGA RESTORATIVE ZEN ANNETTE K.	11:30AM-12:30PM PILATES: EQUIPMENT TONE B CESS B.
5:00-6:00PM YOGA SCULPT ZEN LARA G.	6:15-7:15PM YOGA RESTORATIVE ZEN LESLIE J.	5:00-5:45PM PILATES: CHAIR TONE B MARJORIE Z.	10:30-11:30AM YOGA SCULPT ZEN RONI C.	11:45AM-12:30PM SENIOR MAT-CORE ZEN MELISSA P.	11:30AM-12:30PM PILATES: EQUIPMENT TONE B LOLA P.	
6:00-7:00PM PILATES: EQUIPMENT TONE A RICKY M.	7:30-8:30PM YOGA SCULPT ZEN KLARA F.	5:00-6:00PM YOGA SCULPT ZEN LESLIE J.	11:30AM-12:00PM INTRO TO REFORMER TONE A MARJORIE Z.			
6:15-7:15PM YOGA FLOW ZEN CARLA B.		6:00-6:45PM PILATES: CHAIR TONE B LOLA P.	5:00-5:45PM PILATES: CHAIR TONE B CATHY S.			
		6:00-7:00PM PILATES: EQUIPMENT TONE A MARJORIE Z.	5:00-6:00PM YOGA FOUNDATIONS ZEN MORGAN T.			
		6:30-7:30PM YOGA FLOW ZEN AMY W.	6:15-7:15PM PILATES: EQUIPMENT TONE A BEVERLY G.			
			6:15-7:15PM YOGA RESTORATIVE ZEN MORGAN T.			
			7:00-7:45PM PILATES: CHAIR TONE B CATHY S.			

* AERIAL YOGA RUNS THE 1ST FRIDAY AND 2ND SATURDAY OF THE MONTH. PLEASE CHECK THE APP FOR THE CURRENT DATE AND TIME.