O2 FITNESS TREE ON 3
AUGUST 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
MON	SMALL GROUP TRAINING	YOGA BEGIN	L.I.I.T.	RIP	WAR		Flow YOGA
TUE	MOVE BEGIN	TABATA	H.I.I.T.	O2 FIT	MOVE BEGIN		
WED	CORE ABS	CIRCUIT TRAINING	Flow YOGA	WAR	YOGA BEGIN	CIRCUIT TRAINING	
THU	YOGA BEGIN	SMALL GROUP TRAINING	CORE ABS	L.I.I.T.	RIP		
FRI	WAR EXPRESS	Pilates MAT	RIP Express	O2 BURN	YOGA BEGIN		
DAY / TIME			11:00		17:00-17:45		
SAT			CORE ABS		O2 FIT		
SUN			L.I.I.T.		H.I.I.T.		

O2 FITNESS TREE ON 3
1 — 2 AUGUST 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
MON							
TUE							
WED							
THU							
FRI							
DAY / TIME			11:00		17:00-17:45		
1 SAT			MHOO		SAINT		
2 SUN			MAEN		TACK		

O2 FITNESS TREE ON 3
3 — 9 AUGUST 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
3 MON	TACK	SAINT	MHOO	GUS	MHOO		ART
4 TUE	ART	MAEN	MAEN	SAMSON	MHOO		
5 WED	MHOO	TACK	ART	SAMSON TACK	SAINT	GUS	
6 THU	ART	GUS	SAMSON	MHOO	MAEN		
7 FRI	AMSON	TACK	SAINT ART	MAEN	NOK		
DAY / TIME			11:00		17:00-17:45		
8 SAT			GUS		SAINT		
9 SUN			SAINT		SAINT		

O2 FITNESS TREE ON 3
10 – 16 AUGUST 2026

fitness

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
10 MON	MAEN	SAINT	MHOO	GUS	SAMSON MHOO		ART
11 TUE	ART	SAMSON	MAEN	MAEN	MHOO		
12 WED			ART	SAMSON TACK	17.00 - 18.00		
13 THU	ART	GUS	SAMSON	MHOO	MAEN		
14 FRI	AMSON	TACK	GUS SAINT	ALL STAFF		18.00 - 20.00	
DAY / TIME			11:00		17:00-17:45		
15 SAT			GUS		SAINT		
16 SUN			TACK		SAINT		

O2 FITNESS TREE ON 3
17 – 23 AUGUST 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
17 MON	TACK	SAINT	MHOO	GUS	SAMSON MHOO		ART
18 TUE	ART	SAMSON	MAEN	MAEN	MHOO		
19 WED	MHOO	TACK	ART	SAMSON TACK	SAINT	GUS	
20 THU	ART	GUS	SAINT	MHOO	MAEN		
21 FRI	AMSON	TACK	GUS	MAEN	NOK		
DAY / TIME			11:00		17:00-17:45		
22 SAT			GUS		TACK		
23 SUN			MAEN		TACK		

O2 FITNESS TREE ON 3
24 — 30 AUGUST 2026

O2 fitness

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
24 MON	TACK	SAINT	MHOO	GUS	SAMSON MHOO		ART
25 TUE	ART	SAMSON	MAEN	MAEN	MHOO		
26 WED	MHOO	TACK	ART	SAMSON TACK	SAINT	GUS	
27 THU	ART	GUS	SAINT	MHOO	MAEN		
28 FRI	AMSON	TACK	SAINT	MAEN	ART		
DAY / TIME			11:00		17:00-17:45		
29 SAT			MHOO		TACK		
30 SUN			MAEN		TACK		

O2 FITNESS TREE ON 3
31 AUGUST 2026

DAY / TIME	9:00	10:00	11:00	18:00	19:00	19:15	20:00
31 MON	TACK	SAINT	TACK	GUS	SAMSON		ART
TUE							
WED							
THU							
FRI							
DAY / TIME			11:00		17:00-17:45		
SAT							
SUN							