

# RALLY - Small-Group Coaching Classes

## Weekly Schedule

Updated 8/18/21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	6:00AM	7:00AM	6:00AM	7:00AM	7:00AM	8:00AM
9:00AM	10:00AM	8:00AM	10:00AM	8:00AM	10:00AM	9:00AM
10:00AM		10:00AM		10:00AM		
	6:00PM	5:00PM	6:00PM	5:00PM		
	7:00PM	6:00PM	7:00PM	6:00PM		



As an OAK Health Club Member, you can attend our small-group coaching class called RALLY for FREE.

Space is limited, and you will need to download the MyWellness app to reserve your spot for class.

Classes will be held in the Human Performance Center unless otherwise noted.