






ONE FAMILY

Yoga & Fitness

FITNESS STUDIO TIMETABLE

Current as of August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				HIIT 5:00 – 5:40 *B*		
HIIT 5:45 – 6:25 *B*		REFORMER 5:45 – 6:30 *B*		HIIT 5:45 – 6:25 *B*	HIIT 6:00 – 6:40 *B*	
REFORMER 6:30 – 7:15 *B*				REFORMER 6:30 – 7:15 *B*	PILATES FIIT 6:45 – 7:30 *B*	
 Judo Samurais 3:25 – 4:10 *B*		 Judo Samurais 3:25 – 4:10 *B*	 3:25 – 4:10 *B*	 Judo Samurais 3:25 – 4:10 *B*		
 4:20 – 5:00 *B*		 4:20 – 5:00 *B*				
HIIT 5:45 – 6:25 *B		HIIT 5:45 – 6:25 *B*				
	Teen Judo 5:30pm Adult Judo 6:30pm		Teen Judo 5:30pm Adult Judo 6:30pm			

B Bookings required *Classes subject to change, please see website for updates www.onefamilyyogafitness.com.au