

Adult Class Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUN</u>
Bet U Sweat 6:30-7:15am	Hiit Tabata 6:15-6:45am	Bet U Sweat 6:30-7:15am	Hiit Tabata 6:15-6:45am	Bet U Sweat 6:30-7:15am	Yoga 8-9:00am	Family Karate 12-1pm
Yoga 7-8:00am	WALK 15 7-7:30am	Yoga 7-8:00am	WALK 15 7-7:30am	Yoga 7-8:00am	Check In for POP UP Classes!!	Bet U Sweat 1:30-2:15pm
	ROM 7:30-8:00am		ROM 7:30-8:00am			ROM 2:30-3pm
Full Body Challenge 9:45-10:45am	Boom Move It 9:15-9:45 am	Full Body Challenge 9:45-10:45am	Boom Muscle 9:15-9:45 am	Full Body Challenge 9:45-10:45am		
Enhanced Fitness 11-noon	Boom Mind 9:45-10:15 am	Enhanced Fitness 11-noon	Boom Mind 9:45-10:15 am	Enhanced Fitness 11-noon		
Silver Sneakers Yoga 12:15-1:00pm	ROM 10:15-10:30am	Silver Sneakers Yoga 12:15-1:00pm		Yoga Noon-1pm		
	Bootcamp Noon-1pm		Bootcamp Noon-1pm	Silver Sneakers Yoga 12:15-1:00pm		
Bet U Sweat 5:30-6:15pm	Hiit 5-5:30pm	Cardio Boxing 5:30-6pm	Core De Force 5:30-6:15pm			
ROM 6:30-7pm	Bet U Sweat 5:30-6:15pm	WildCard 6-6:30pm				
	Yoga 6-7 pm	Zumba 6:30-7:30pm	Yoga 6-7 pm			
	Cardio Boxing 6:30-7pm	ROM 7:30-8pm	QIK FIT 6:45-7:15 pm			



4075 East Market Street
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Hours of Operation

Monday & Wednesday

5:00am – 9:00pm

Tuesday, Thursday

5:00am- 8:00pm

Saturday

8:00am – 12:00pm

Sunday

12:00pm – 5:00pm



Keiki Class Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRI</u>	<u>SAT</u>	<u>SUNDAY</u>
			Home School Gym Class 10-11 am		Agility 9-10:00am	Agility 1-1:30pm
Game Time 5:30-6pm	Obstacle Course 5:30-6pm	Game Time 5:30-6pm	Obstacle Course 5:30-6pm		Rock Wall 10-10:30am	
Agility 6-6:30pm	Rock Wall 6-6:30pm	Agility 6-6:30pm	Rock Wall 6-6:30pm	WIPE OUT! 6-8pm	Obstacle Course 10:30-11am	Obstacle Course 2-3pm
Obstacle 6:30-7pm	Agility 6:30-7pm	Obstacle 6:30-7pm	Agility 6:30-7pm			
Rock Wall 7-7:30pm	Game Time 7-7:30pm	Rock Wall 7-7:30pm	Game Time 7-7:30pm			Games 11-noon

Keiki Party at Ohana Fitness

Birthdays ♥ Teams ♥ Scouts ♥ Clubs

2 hours of fun!

Obstacle Course ♥ Rock Wall ♥ Dance Party ♥ Games

Only \$10 per child! Non-refundable deposit of \$49 holds your date. Bring your own food & drinks. Goodie bags included!



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