

ONE LIFE FITNESS CLUBS

CAMDEN QUAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

LIFT
7:00 AM

YOGA
7:00 AM

BOX SWEAT
7:00 AM

YOGA
7:00 AM

FUNCTIONAL FRIDAY
7:00 AM

PILATES
10:00 AM

BOX SWEAT
10:00 AM

YOGA
10:00 AM

LIFT
10:00 AM

YOGA
10:00 AM

FUNCTIONAL FRIDAY
10:00 AM

FUNCTIONAL CIRCUIT
11:00 AM

AFTERNOON

FUNCTIONAL CIRCUIT
1:00 PM

HIIT
1:00 PM

YOGA
1:00 PM

BOX SWEAT
1:00 PM

STRONG NATION BY ZUMBA
1:00 PM

BOX SWEAT
6:00 PM

ZUMBA
6:00 PM

BOX SWEAT
6:00 PM

ZUMBA
6:00 PM

FLOW
6:00 PM

EVENING

LIFT
7:00 PM

LIFT
7:00 PM

FUNCTIONAL CIRCUIT
7:00 PM

BOX SWEAT
7:00 PM

ABS & CORE
8:00 PM

LOWER BODY LIFT
8:00 PM

KETTLE BELLS & CORE
8:00 PM

ABS & CORE
8:00 PM

CLASS SCHEDULE