

Adult Morning Class Schedule

Mon	Tue	WED	THUR	FRI	SAT	SUN
Bootcamp 6:30-7:15am	Bootcamp 6:30-7:15am	WildCard 6:30-7:15am	Bootcamp 6:30-7:15am	Bootcamp 6:30-7:15am	Check In for POP UP Classes!!	Ohana Open 12:00-5:00pm
Yoga 7-8:00am		Yoga 7-8:00am	Home School Gym Class 9-11am	Yoga 7-8:00am		
HiIT 7:30-8:00am	Silver Sneakers Circuit 9:15-10am	HiIT 7:30-8:00am		HiIT 7:30-8:00am		
Full Body Challenge 9:45-10:45am		Full Body Challenge 9:45-10:45am	Silver Sneakers CardioFit 9:15-10am	Full Body Challenge 9:45-10:45am		
Enhanced Fitness 11-noon	Cardio Boxing 10-11:00am	Enhanced Fitness 11-noon		Enhanced Fitness 11-noon		
			Cardio Boxing 10-11:00am	Yoga Noon-1pm		
WildCard Noon-1pm	WildCard Noon-1pm	WildCard Noon-1pm		WildCard Noon-1pm		
Gentle Yoga 12:15-1:00pm		Gentle Yoga 12:15-1:00pm	WildCard Noon-1pm	Gentle Yoga 12:15-1:00pm		

Adult Afternoon/Evening Class Schedule

Mon	Tue	Wed	Thur	Fri	Sun	Sun
					Ohana Open 8:00 am - 12:00 pm	Family Karate 12-1pm
Cardio Boxing 5-5:30pm	HiIT 5-5:30pm		Weight Training 5-5:30pm			Family Cardio Boxing 1:30- 2:30pm
Weight Training 5:30-6pm	Yoga 5:30-6:30pm	Cardio Boxing 5:30-6pm	BootCamp 5:30-6pm			Family HiIT 3-3:30pm
Yoga 5:30-6:30pm	WildCard 5:30-6pm	WildCard 6-6:30pm	Yoga 5:30-6:30			Bootcamp 4-4:30pm
HiIT 6-6:30pm	Weight Training 6-6:30pm	Zumba 6:30-7pm	Cardio Boxing 6-6:30pm			
BootCamp 6:30-7pm	Cardio Boxing 6:30-7pm	HiIT 7-7:30pm	HiIT 7-7:30pm			
WildCard 7:30-8pm	Yoga 7-8:00pm		Family Yoga 7-8:00pm			



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Hours of Operation

Monday – Friday
6:00am – 8:00pm

Saturday
8:00am – 12:00pm

Sunday
12:00pm – 5:00pm



Keiki (12 and under) Class Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
			Home School 9-11:00am	Group Keiki 9:30- 10:30am	Agility 9-10:00am	K-bata 1-1:30pm
WildCard 5:30-6pm	Obstacle Course 5:30-6pm	Agility 5:30-6pm	WildCard 5:30-6pm		Rock Wall 10- 10:30am	
Agility 6-6:30pm	Rock Wall 6-6:30pm	Obstacle Course 6-6:30pm	Obstacle Course 6-6:30pm	WIPE OUT! 6-8pm	Obstacle Course 10:30- 11am	Obstacle Course 2-3pm
Obstacle 6:30-7pm	Agility 6:30-7pm	Rock Wall 6:30-7pm	Rock Wall 6:30-7pm			
Rock Wall 7-7:30pm	Wildcard 7-7:30pm	K-bata 7-7:30pm	Agility 7-7:30pm		Wildcard 11-noon	Games 3-4pm



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. Call Ohana today at 850-9100 to schedule!

