

STUDIO TIMETABLE



5516 8410

hello@onebodyforlife.com.au

Unit 5 / 2-6 Paul Court,
Jimboomba



SCAN TO BOOK

TIMETABLE KEY

ALL LEVELS

ADVANCED CLASS

HEALTH FUND CLAIMABLE

UPSTAIRS GYM

MON

☉ AM

8:00	Rebalanced Body (Stacey)
9:00	Rebalanced Body (Stacey)
10:00	Strong at every stage Mum's & 50+ (Madi)
11:00	Strength Program (Madi)

☉ PM

1:00	Clinical Exercise (Maz/Madi)
5:30	Jumpboard (Tamara)
6:30	Jumpboard (Tamara)

TUES

☉ AM

5:30	JumpStart (Maz) Core Combo
6:15	JumpStart (Maz) Core Combo
7:45	Clinical Exercise (Maz)
8:30	Clinical Group Lead Exercise (Maz)
9:30	HIIT Pilates (Maz)
10:30	Functional Fitness (Chantelle)

☉ PM

1:30	Clinical Exercise (Tam/Chantelle)
4:00	Strength Reformer (Rach)
5:00	Strength Reformer (Rach)
5:50	Strength Reformer (Rach)

WED

☉ AM

5:30	Awake & Align (Rach)
6:15	Awake & Align (Rach)
8:30	Full Body Reformer (Madi)
9:30	Full Body Reformer (Madi)
10:30	Golden Oldies (Madi)

☉ PM

12:00	Clinical Exercise (Madi/Tamara)
4:30	Stretch & Flow Reformer (Maz)
5:30	Stretchy & Strong (Maz)
6:30	Stretchy & Strong (Maz)

THURS

☉ AM

5:30	Rebalanced Body (Maz)
6:15	Rebalanced Body (Maz)
7:45	Clinical Exercise (Maz)
9:30	Strength (Tam) Reformer
10:30	Functional Fitness (Chantelle)

☉ PM

12:30	Functional Fitness (Chantelle)
1:00	Strength Program (Tam)
4:30	Foundations Reformer (Chantelle)
4:30	Weights Circuit (Rach)
5:30	Full Body Reformer (Rach)
6:30	Full Body Reformer (Rach)

FRI

☉ AM

5:30	Weights Circuit (Rach)
6:15	Weights Circuit (Rach)
8:30	Full Body Flow (Stacey)
9:30	Full Body Flow (Stacey)

SAT

☉ AM

5:30	Full Body Reformer (Maz)
6:30	Full Body Reformer (Maz)
7:30	Full Body Reformer (Maz)
8:30	Full Body Reformer (Maz)

*Timetable is subject to change.

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