

Griffith Aquatic Centre | HIIT Studio Timetable | Trimester 2

Time	Mon	Tues	Wed	Thur	Fri	Sat
6:15	JUNKYARD	HIIT	STRENGTH			
7:00						HIIT
12:30	STRENGTH			STRENGTH	HIIT	
5:00	HIIT					

Proudly provided by



UNI FITNESS



UNI FITNESS GROUP FITNESS TIMETABLE | TRIMESTER 2

TIME	MON	TUES	WED	THUR	FRI	SAT
6:15	CYCLE			HIIT		
8:15						BARBELL
9:15						YOGA
12:30	PILATES				YOGA	
5:00		BARBELL		BARBELL		
6:00			YOGA			