

## Griffith Aquatic Centre | HIIT Studio Timetable | Trimester 1

Time	Mon	Tues	Wed	Thur	Fri	Sat
6:00	JUNKYARD	HIIT	STRENGTH		ADVANCED HIIT	
12:30	HIIT XPRESS	STRENGTH		HIIT	STRENGTH	
4:00	HIIT					
5:00	HIIT	STRENGTH	HIIT	STRENGTH PLUS		

Proudly provided by



UNI FITNESS



# UNI FITNESS GROUP FITNESS TIMETABLE | TRIMESTER 1

TIME	MON	TUES	WED	THUR	FRI	SAT
6:00	<b>CYCLE FUSION</b>	<b>STRENGTH</b>		<b>HIIT</b>		
7:00						<b>BOXING</b>
8:00						<b>BARBELL</b>
9:00						<b>YOGA</b>
12:30	<b>PILATES</b>		<b>STRENGTH XPRESS</b>	<b>BOXING XPRESS</b>	<b>YOGA</b>	
5:00	<b>YOGA</b>	<b>BARBELL</b>	<b>BOXING</b>	<b>BARBELL</b>		
6:00			<b>YOGA</b>			