

GROUP FITNESS TIMETABLE

G07 TIME	MON	TUES	WED	THUR	FRI	SAT
6:00	HIIT FREDDY			HIIT FREDDY		
7:00		HIIT SEZ	GYM 101 SEZ			
8:00						BARBELL CINDY
9:00						YOGA CINDY
12:30	PILATES OKSANA	YOGA OKSANA		BOXING ABDULLAH	YOGA OKSANA	
5:00	BARBELL ABDULLAH	BOXING ABDULLAH	HIIT CINDY	BARBELL ABDULLAH		
5:30						
6:00			YOGA CINDY			

**SCAN HERE TO
BOOK A CLASS**



Please note Gym 101 & Technique 101 will commence 17th July 2023

GRIFFITH AQUATIC CENTRE

HIIT STUDIO TIMETABLE

G45 TIME	MON	TUES	WED	THUR	FRI	SAT
6:15	TECHNIQUE 101 SEZ	FUNCTIONAL FITNESS FREDDY			FUNCTIONAL FITNESS FREDDY	
12:30		STRENGTH SEZ	HIIT ABDULLAH	STRENGTH SEZ		
4:15	FUNCTIONAL FITNESS ALEX	TECHNIQUE 101 ALEX	FUNCTIONAL FITNESS ALEX		BOXING ABDULLAH	
5:00	GYM 101 ALEX					

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