

# GROUP FITNESS TIMETABLE

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

**SCAN HERE TO  
BOOK A CLASS**



# GRIFFITH AQUATIC CENTRE

## HIIT STUDIO TIMETABLE

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

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**UNI FITNESS**

PLEASE NOTE STRENGTH TECHNIQUE WILL COMMENCE 7TH NOVEMBER 2023

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