



# GROUP FITNESS TIMETABLE

HIIT Fitness 533 Main Street, Palmerston North • **Mon–Fri** 6am–9pm **Sat–Sun** 7am–7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM BOOTCAMP		5:45AM BOOTCAMP	5:45AM HIIT BOXFIT	5:45AM BOOTCAMP		
6:45AM BOOTCAMP		6:45AM BOOTCAMP		6:45AM BOOTCAMP		
9:30AM BOOTCAMP		9:30AM BOOTCAMP		9:30AM BOOTCAMP		9:30AM BOOTCAMP
12:00PM BODY BLITZ	12:00PM BODY BLITZ	12:00PM BODY BLITZ	12:00PM HIIT BOXFIT	12:00PM BODY BLITZ		
5:15PM BOOTCAMP	5:15PM BOOTCAMP	5:15PM BOOTCAMP	5:15PM HIIT BOXFIT	5:15PM BOOTCAMP		
		6:00PM BOOTCAMP		6:00PM BOOTCAMP		