

GROUP FITNESS TIMETABLE HOLIDAY 2020/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 - 25 DECEMBER	H.I.I.T Full Body Cam and Carol 12.00 pm Meeting ID 341 203 700		H.I.I.T Cardio Active Simon and Carol 6.30 am Meeting ID 480 613 584		
27 - 31 DECEMBER	H.I.I.T Full Body Cam and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Cardio Active Simon and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Full Body Cam and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Cardio Active Simon and Carol 6.30 am <i>Pre recorded</i>	
4 - 8 JANUARY	H.I.I.T Full Body Cam and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Cardio Active Simon and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Full Body Cam and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Cardio Active Simon and Carol 6.30 am <i>Pre recorded</i>	H.I.I.T Full Body Cam and Carol 6.30 am <i>Pre recorded</i>

H.I.I.T FULL BODY

This class will have your whole body moving through a variety of functional movements. Cardio Intensity rating: 3/5 Toning rating: 5/5. No equipment required.

H.I.I.T CARDIO ACTIVE

This class will be sure to get your heart rate up and get you into the fat burning zone. Cardio Intensity rating: 5/5 Toning rating: 3/5. No equipment required.

FUNCTIONAL TRAINING

This class uses kettle bells, ropes, TRX and weights providing you with an intense all over body workout.

POWER BAR TRAINING

Power Bar is moderate to high intensity barbell resistance training class, designed to strengthen, tone and shape the entire body!

RPM™



An indoor cycling class designed to develop aerobic capacity and burn up to 800 calories in 45 minutes.

YOGA

This class will help you to work on your health and well-being from the comfort of your own living room, our instructor will take you through a range of postures, movements and breathing exercises.

For more information griffith.edu.au/group-fitness

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 Face to face
 Virtual hybrid

