

GROUP FITNESS TIMETABLE DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		H.I.I.T Cardio Active Simon and Carol 6.30 am Meeting ID 480 613 584		RPM Claudia 7.00 am
H.I.I.T Full Body Cam and Carol 12.00 pm Meeting ID 341 203 700	Functional Training Cameron 12.00 pm	RPM Claudia 12.00 pm	Yoga Denise 12.00 pm Meeting ID 411 999 677	H.I.I.T Cardio Active Cam and Carol 12.00 pm Meeting ID 760 579 140
	H.I.I.T Full Body Simon 4.30 pm		Power Bar Training Carol 4.30 pm	

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

