

# Hiit Group Training



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>6:00am</b> <b>strength and conditioning</b> Shannon		<b>6:00am</b> <b>strength and conditioning</b> Shannon		<b>6:00am</b> <b>Strength and Conditioning</b> Liz/Shannon		
<b>9:00am</b> <b>Hiit</b> Kristina	<b>9:30am</b> <b>Strength and Conditioning (arms)</b> Kiger	<b>9:30am</b> <b>Hiit</b> Kiger	<b>9:30am</b> <b>Strength and Conditioning (legs)</b> Kiger	<b>10:00am</b> <b>HIIT</b> Kiger		<b>8:30am</b> <b>Strength and Conditioning</b> Liz
		<b>4:30pm</b> <b>Hiit</b> Vanessa	<b>4:30pm</b> <b>Hiit</b> Dustin			
	<b>5:30pm</b> <b>Hiit</b> Jodi			<b>5:30</b> <b>Hiit</b> Lara		

Located in the HiitStudio-Please note the room is dedicated to the class during these times.  
Please join us and try it out!



**Updated: 9/1/25**

**Kiger Plews**

Group X and Group Training Coordinator

**Gym Hours: M-Th 5am-11pm**

F 5am-10pm

Sa/Su 7am-8pm

170 Oakway Rd, Eugene, OR