

Hiit Group Training



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

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



December 15, 2025