



**OAKWAY FIIT**

170 OAKWAY RD.

EUGENE, OR

97401

(541) 7OAKWAY

OAKWAYFIIT.COM

**HIIT SCHEDULE 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		6:00 AM	6:00 AM	6:00 AM		
STRENGTH & CONDITIONING 60MIN.		STRENGTH & CONDITIONING 60MIN.	*NEW HIIT CARDIO 45MIN.	STRENGTH & CONDITIONING 60MIN.		
SHANNON		SHANNON	SHANNON	SHANNON		
9:00 AM	9:30 AM	9:00 AM	9:30 AM	9:00 AM		8:30 AM
HIIT 60MIN.	STRENGTH & CONDITIONING 45MIN.	HIIT 45MIN.	STRENGTH & CONDITIONING 45MIN.	HIIT 45MIN.		STRENGTH & CONDITIONING 60MIN.
KRISTINA	KIGER	ERICA	KIGER	ERICA		LIZ W.
	5:30 PM	4:30 PM	5:30 PM			
	HIIT 60MIN.	HIIT 45MIN.	*NEW HIIT 45MIN.			
	JODI	VANESSA	ERICA			

