

hiit republic

session times

Effective: May 6

■ New/updated classes highlighted in yellow

Book your spot at hiitrepublic.com.au

peak

throw
down

am
rap

mon | 5:30 am
6:15 am
12:10 pm
4:45 pm
5:30 pm

tue | 5:30 am
6:15 am
9:30 am
12:10 pm
5:30 pm

wed | 5:30 am
6:15 am
12:10 pm
4:45 pm
5:30 pm

throw
down

peak

shred

thu | 5:30 am
6:15 am
9:30 am
12:10 pm
5:30 pm

fri | 5:30 am
6:15 am
12:10 pm

sat | 7:30 am
8:30 am

Please Note: The group fitness timetable may change due to instructor availability & attendance numbers.
Time changes and class cancellations are posted on the HIIT Republic website, hiitrepublic.com.au.
It is recommended a medical clearance is sought before undertaking any exercise program.

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session times

Schedule for April 29 - May 5

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