



HIIT ZONE CLASS SCHEDULE

DAY	TIME	INSTRUCTOR
Monday	9:30-10:15 am	Tom G.
Wednesday	9:30-10:15 am	Zach K.
Friday	9:45-10:30 am	Penny
Sunday	9:45-10:30 am	Christine

**RESERVE YOUR SPOT ONLINE
23-HOURS IN ADVANCE**

Schedules are subject to change.

Updated 2/9/2025