

**K-FIT HIIT 30 & 60** = A 30 min or 60 min option for our class that includes High Intensity Interval Training (HIIT) with a focus on low impact movements. You'll be using airdyne bikes, water rowers, and free weights. The 60 min option includes stretches at the end.

# Class Schedule

2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	K-FIT HIIT 30 min & 60 min	K-FIT HIIT 30 min	K-FIT HIIT 30 min & 60 min	K-FIT HIIT 30 min	K-FIT HIIT 30 min & 60 min	
7:00 AM	K-FIT HIIT 30 min & 60 min		K-FIT HIIT 30 min & 60 min		K-FIT HIIT 30 min & 60 min	
8:15 AM	K-FIT HIIT 30 min		K-FIT HIIT 30 min		K-FIT HIIT 30 min	
9:00 AM						K-FIT HIIT 30 min & 60 min
9:30 AM	K-FIT HIIT 30 min & 60 min	K-FIT HIIT 30 min & 60 min	K-FIT HIIT 30 min & 60 min	K-FIT HIIT 30 min & 60 min		
12:00PM						
6:00 PM	K-FIT HIIT 30 min	K-FIT HIIT 30 min	K-FIT HIIT 30 min	K-FIT HIIT 30 min		