

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

2018

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 & 60 min	K-FIT HIIT 30 min	K-FIT HIIT 30 min & 60 min	K-FIT HIIT 30 min		