

STRENGTH & CONDITIONING: Completed in a number of timed stations utilising weights and plyometric movements
MUAY THAI FITNESS: Muay Thai / Kickboxing fitness combining body weight exercises and pad work
BEGINNERS: 30min class designed to break down the technique to pad holding and combos
ADVANCED TECHNIQUE: 30min class focusing on the art of Muay Thai, specifically one particular movement

CLASS TIMETABLE

<i>hiit.</i> AUSTRALIA	MON	TUE	WED	THU	FRI	SAT
5:00AM	STRENGTH / MUAY THAI	FULL STRENGTH	MUAY THAI	STRENGTH / MUAY THAI	FULL STRENGTH	
6:00AM	STRENGTH / MUAY THAI	FULL STRENGTH	MUAY THAI	STRENGTH / MUAY THAI	FULL STRENGTH	
6:30AM						STRENGTH / MUAY THAI
7:30AM						STRENGTH / MUAY THAI
9:30AM	STRENGTH / MUAY THAI	FULL STRENGTH	MUAY THAI	STRENGTH / MUAY THAI	FULL STRENGTH	
5:00PM	FULL STRENGTH	MUAY THAI	STRENGTH / MUAY THAI	FULL STRENGTH		
6:00PM		ADVANCED TECHNIQUE	BEGINNERS		MUAY THAI	CLOSED
6:30PM	FULL STRENGTH	MUAY THAI	STRENGTH / MUAY THAI	FULL STRENGTH		

STRENGTH ROTATION TIMETABLE

For our Full Strength Classes at HIIT, we have designed a timetable that rotates between Upper Body, Lower Body and Full Body Classes. Our Monday night and Tuesday morning Strength Classes rotate between Upper Body and Lower Body each week, while our Thursday night and Friday morning Strength Classes are a Full Body workout each week. Check out the timetable below to see what we will be focusing on this week.

SUN	MON	TUE	WED	THU	FRI	SAT
				1. FULL BODY FULL STRENGTH	2. FULL BODY FULL STRENGTH	3. FULL BODY
				4. FULL BODY FULL STRENGTH		
4.	5. FULL BODY LOWER BODY FULL STRENGTH	6. LOWER BODY FULL STRENGTH	7. FULL BODY	8. FULL BODY FULL STRENGTH	9. FULL BODY FULL STRENGTH	10. FULL BODY
11.	12. FULL BODY UPPER BODY FULL STRENGTH	13. UPPER BODY FULL STRENGTH	14. FULL BODY	15. FULL BODY FULL STRENGTH	16. FULL BODY FULL STRENGTH	17. FULL BODY
18.	19. FULL BODY LOWER BODY FULL STRENGTH	20. LOWER BODY FULL STRENGTH	21. FULL BODY	22. FULL BODY FULL STRENGTH	23. FULL BODY FULL STRENGTH	24. FULL BODY
25.	26. FULL BODY UPPER BODY FULL STRENGTH	27. UPPER BODY FULL STRENGTH	28. FULL BODY	29. FULL BODY FULL STRENGTH	30. FULL BODY FULL STRENGTH	31. FULL BODY

AUGUST 2019



SUN	MON	TUE	WED	THU	FRI	SAT
1.	2. FULL BODY LOWER BODY FULL STRENGTH	3. LOWER BODY FULL STRENGTH	4. FULL BODY	5. FULL BODY FULL STRENGTH	6. FULL BODY FULL STRENGTH	7. FULL BODY
8.	9. FULL BODY UPPER BODY FULL STRENGTH	10. UPPER BODY FULL STRENGTH	11. FULL BODY	12. FULL BODY FULL STRENGTH	13. FULL BODY FULL STRENGTH	14. FULL BODY
15.	16. FULL BODY LOWER BODY FULL STRENGTH	17. LOWER BODY FULL STRENGTH	18. FULL BODY	19. FULL BODY FULL STRENGTH	20. FULL BODY FULL STRENGTH	21. FULL BODY
22.	23. FULL BODY UPPER BODY FULL STRENGTH	24. UPPER BODY FULL STRENGTH	25. FULL BODY	26. FULL BODY FULL STRENGTH	27. FULL BODY FULL STRENGTH	28. FULL BODY
29.	30. FULL BODY LOWER BODY FULL STRENGTH					

SEPTEMBER 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1. LOWER BODY FULL STRENGTH	2. FULL BODY	3. FULL BODY FULL STRENGTH	4. FULL BODY FULL STRENGTH	5. FULL BODY
6.	7. FULL BODY UPPER BODY FULL STRENGTH	8. UPPER BODY FULL STRENGTH	9. FULL BODY	10. FULL BODY FULL STRENGTH	11. FULL BODY FULL STRENGTH	12. FULL BODY
13.	14. FULL BODY LOWER BODY FULL STRENGTH	15. LOWER BODY FULL STRENGTH	16. FULL BODY	17. FULL BODY FULL STRENGTH	18. FULL BODY FULL STRENGTH	19. FULL BODY
20.	21. FULL BODY UPPER BODY FULL STRENGTH	22. UPPER BODY FULL STRENGTH	23. FULL BODY	24. FULL BODY FULL STRENGTH	25. FULL BODY FULL STRENGTH	26. FULL BODY
27.	28. FULL BODY LOWER BODY FULL STRENGTH	29. LOWER BODY FULL STRENGTH	30. FULL BODY	31. FULL BODY FULL STRENGTH		

OCTOBER 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1. FULL BODY FULL STRENGTH	2. FULL BODY
3.	4. FULL BODY UPPER BODY FULL STRENGTH	5. UPPER BODY FULL STRENGTH	6. FULL BODY	7. FULL BODY FULL STRENGTH	8. FULL BODY FULL STRENGTH	9. FULL BODY
10.	11. FULL BODY LOWER BODY FULL STRENGTH	12. LOWER BODY FULL STRENGTH	13. FULL BODY	14. FULL BODY FULL STRENGTH	15. FULL BODY FULL STRENGTH	16. FULL BODY
17.	18. FULL BODY UPPER BODY FULL STRENGTH	19. UPPER BODY FULL STRENGTH	20. FULL BODY	21. FULL BODY FULL STRENGTH	22. FULL BODY FULL STRENGTH	23. FULL BODY
24.	25. FULL BODY LOWER BODY FULL STRENGTH	26. LOWER BODY FULL STRENGTH	27. FULL BODY	28. FULL BODY FULL STRENGTH	29. FULL BODY FULL STRENGTH	30. FULL BODY

NOVEMBER 2019



SUN	MON	TUE	WED	THU	FRI	SAT
1.	2. FULL BODY UPPER BODY FULL STRENGTH	3. UPPER BODY FULL STRENGTH	4. FULL BODY	5. FULL BODY FULL STRENGTH	6. FULL BODY FULL STRENGTH	7. FULL BODY
8.	9. FULL BODY LOWER BODY FULL STRENGTH	10. LOWER BODY FULL STRENGTH	11. FULL BODY	12. FULL BODY FULL STRENGTH	13. FULL BODY FULL STRENGTH	14. FULL BODY
15.	16. FULL BODY UPPER BODY FULL STRENGTH	17. UPPER BODY FULL STRENGTH	18. FULL BODY	19. FULL BODY FULL STRENGTH	20. FULL BODY FULL STRENGTH	21. FULL BODY
22.	23. FULL BODY LOWER BODY FULL STRENGTH	24. LOWER BODY FULL STRENGTH	25. FULL BODY	26. FULL BODY FULL STRENGTH	27. FULL BODY FULL STRENGTH	28. FULL BODY
29.	30. FULL BODY UPPER BODY FULL STRENGTH	31. UPPER BODY FULL STRENGTH				

DECEMBER 2019

