

TIMETABLE

CAMPERDOWN

HIIT YOGA
BOXING & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	6:00 - 6:45 STRENGTH	5:30 - 6:15 HYBRID	6:00 - 6:45 CONDITIONING	5:30 - 6:15 STRENGTH	6:00 - 6:45 HYBRID		
	7:00 - 7:45 STRENGTH	6:30 - 7:15 HYBRID	7:00 - 7:45 CONDITIONING	6:30 - 7:15 STRENGTH	7:00 - 7:45 HYBRID		
						7:00 - 7:45 SUPER SATURDAY	8:00 - 8:45 STRENGTH
						8:00 - 8:45 SUPER SATURDAY	09:00 - 9:45 STRENGTH
LUNCH CLASSES						09:00 - 10:00 VINYASA YOGA	
	12:15 - 1:00 STRENGTH	12:15 - 1:00 HYBRID	12:15 - 1:00 CONDITIONING		12:15 - 1:00 HYBRID		
EVENING CLASSES	5:00 - 5:45 STRENGTH	5:00 - 5:45 HYBRID	5:00 - 5:45 CONDITIONING	5:00 - 5:45 STRENGTH	5:00 - 5:45 HYBRID		
	5:45 - 6:30 STRENGTH	6:00 - 6:45 HYBRID	5:45 - 6:30 CONDITIONING	6:00 - 6:45 STRENGTH			
	6:30 - 7:15 BOXING		6:30 - 7:15 BOXING				
	7:15 - 8:15 VINYASA YOGA		7:15 - 8:15 VINYASA YOGA				

NEW AVAILABLE
**SUNDAY
CLASSES**



CONTACT US

Phone 02 8018 8340
Mobile 0420 455 536
camperdown@hipeathletic.com.au
www.hipeathletic.com.au

ADDRESS

HIPE Athletic
84-86 Paramatta Road
Camperdown NSW