

TIMETABLE

CAMPERDOWN

HIITYOGA
BOXING & **MORE**

MORNING CLASSES

MONDAY

5:30 - 6:15
STRENGTH

6:15 - 7:00
STRENGTH

7:00 - 7:45
STRENGTH

TUESDAY

5:30 - 6:15
HYBRID

6:30 - 7:15
HYBRID

7:00 - 7:45
HYBRID

WEDNESDAY

5:30 - 6:15
CONDITIONING

6:15 - 7:00
CONDITIONING

THURSDAY

5:30 - 6:15
STRENGTH

6:30 - 7:15
STRENGTH

FRIDAY

6:00 - 6:45
HYBRID

7:00 - 7:45
HYBRID

SATURDAY

7:00 - 7:45
SUPER SATURDAY

8:00 - 8:45
SUPER SATURDAY

09:00 - 10:00
VINYASA YOGA

SUNDAY

8:00 - 8:45
STRENGTH

09:00 - 9:45
STRENGTH

NOW AVAILABLE
**SUNDAY
CLASSES**

LUNCH CLASSES

12:15 - 1:00
STRENGTH

12:15 - 1:00
HYBRID

12:15 - 1:00
CONDITIONING

12:15 - 1:00
STRENGTH

12:15 - 1:00
HYBRID



CONTACT US

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ADDRESS

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EVENING CLASSES

5:00 - 5:45
STRENGTH

5:45 - 6:30
STRENGTH

6:30 - 7:15
BOXING

7:15 - 8:15
VINYASA YOGA

5:00 - 5:45
CONDITIONING

5:45 - 6:30
CONDITIONING

6:30 - 7:15
BOXING

7:15 - 8:15
VINYASA YOGA

5:30 - 6:45
STRENGTH

6:30 - 7:15
STRENGTH

6:00 - 6:45
HYBRID