




# group training timetable



	Mon	Tues	Wed	Thurs	Fri
4:45pm	 <b>HIIT</b> 45min	  <b>Personalised programming &amp; coaching</b> 45min	 <b>Boxing</b> 45min	  <b>Personalised programming &amp; coaching</b> 45min	 <b>Boxing</b> 45min
5:30pm	 <b>Stretch</b> 15min	 <b>Stretch</b> 15min	 <b>Stretch</b> 15min	 <b>Stretch</b> 15min	 <b>Stretch</b> 15min

Class entry closes 5 minutes prior to commencing | All classes must be booked through the [members portal](#)  
Not a member? [Join now](#)

# group training types

ucfit<sup>+</sup>



**HIIT**

If you want to put your strength, endurance and resilience to the test, High Intensity Interval Training (HIIT) is the class for you. Incorporating a variety of exercises with short rest periods, it's the best way to maximise your heart rate and get the most out of your training session.



**Personalised  
programming &  
coaching**

Do you have a fitness goal in mind but are not quite sure how to reach it? Then personalised programming & coaching is for you. Join coach guided sessions with a program tailored to your training needs and goals, regardless of your experience.



**Boxing**

Have you always wanted to try boxing but have no idea where to start? This is the perfect class for beginners to put on mitts and start punching.



**Stretch**

Are you looking to improve your flexibility or reduce your risk of injury after a workout? Incorporating a regular stretch class into your routine could help you do just that.

If you have any questions about group training, please email [ucfit@canberra.edu.au](mailto:ucfit@canberra.edu.au)