

WINTER 2019

HIIT FACTORY

INTERVAL TRAINING

M	T	W	T	F	S	S
6:00 AM	6:30 AM	6:00 AM	6:30 AM	6:00 AM	9:30 AM	8:30 AM
9:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM	10:30 AM	9:30 AM
6:15 PM	6:30 PM	6:15 PM	6:30 PM	6:15 PM		

All HIIT FACTORY classes are 45 min.

Sign-up on the SMC app is required to reserve a spot and begins 23 hrs prior to class time.

Please arrive 5 min before start time. For everyone's safety, NO late entry will be permitted. Latecomers will forfeit their reservation.

Class cancellations & changes are sent via *oneteamtext* and/or posted on the SMC app. Please sign-up for texts so you are always in the know!

class schedule