

SPRING 2019

HIIT FACTORY

INTERVAL TRAINING

M	T	W	T	F	S	S
8:15 AM	6:30 AM	8:15 AM	6:30 AM	6:30 AM	9:30 AM	8:30 AM
9:45 AM	9:15 AM	9:45 AM	9:15 AM	9:15 AM	10:30 AM	9:30 AM
4:30 PM			4:30 PM			
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 forfeit their reservation. No Shows charged \$10. Cancel reservation 1 hr before class on the app or by calling the club.

The Text Notification System will only be used for class changes, subs, cancellations, etc. occurring within 24 hours of a class. All changes will be updated on the Saw Mill Club App

class schedule