

# MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE

## Small Group Training Timetable

HEALTH CLUB   *Please BYO water bottle and towel					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM		HIIT		BODYWEIGHT CIRCUIT	
1PM	HIIT	BODYWEIGHT CIRCUIT	HIIT	CORE	

WORKOUT	INTENSITY
HIIT	HIGH
BODYWEIGHT CIRCUIT	MODERATE
CORE	LOW