

| | Monday | Tuesday | Wednesday | Thursday | Saturday |
|-------------------|---------------|------------|---------------|------------|--------------|
| 5.15 am – 6.00 am | HIIT First | HIIT First | HIIT First | HIIT First | |
| 6.00 am - 6.45 am | HIIT First | HIIT First | HIIT First | HIIT First | |
| 8am – 8.45am | | | | | Weekend HIIT |
| 4.30 pm – 5.15pm | HIIT IT! | HIIT IT! | HIIT IT! | HIIT IT! | |
| 5.30 pm – 6.15 pm | HIIT IT! | HIIT IT! | HIIT IT! | HIIT IT! | |
| 6.15 pm – 7pm | HIIT at Night | | HIIT at Night | | |