



# Metafit HIIT

**Mondays 5:15-6:00pm**

Metafit HIIT is a 30-minute high-intensity interval training (HIIT) workout, that is non-choreographed and bodyweight-only.

It is a functional and effective!

Each session will also include a warm-up, and finish with a cool-down and stretches to leave you feeling exhilarated!

**Location:** Bicentennial Park (opp. the Mantra Hotel), The Esplanade

**Cost:** \$5 per session

**No bookings required!**

**Contact:** Oley - OKfitness on 0432 438 201 or [okfitness12@gmail.com](mailto:okfitness12@gmail.com)

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bottle**

**Suitable  
for all  
fitness  
levels!**



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