

# Sculpt, Sweat, Stretch & Flex

## 30 MINUTE EXPRESS WORKOUT TIMETABLE

Lunchtime	Monday	Tuesday	Wednesday	Thursday	Friday
12:00pm–12:30pm	Learn to Lift	Strength	HIIT	Hard Core	Sculpt
12:30pm–1:00pm	Box Fit	Power Play	Hard Core	HIIT	Strength
1:00pm–1:30pm	Hard Core	HIIT	Box Fit	Power Play	Box Fit

**Find out more at [campuslife.mq.edu.au/expressworkouts](https://campuslife.mq.edu.au/expressworkouts)**