

# HIIT SESSIONS

A vertical split-image showing two women in athletic wear performing kettlebell exercises outdoors. The left side shows them standing and holding kettlebells, while the right side shows them in a squatting position. The background features a large body of water and a clear sky.

*\$10 per person*  
*Every Saturday 7:00am - 7:45am*  
*Kambah Oval Field 3*