GROUP FITNESS TIMETABLE - 2nd Nov - 29th Nov Bookings are essential, please visit susf.com.au



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12.30pm	UNLEASH Carmel 30				UNLEASH Paulo 30							
12.40pm			UNLEASH Paulo 30									
1.00pm				UNLEASH Natalie 30								

POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
	1.10pm		12.10pm			11.40am	
	AQUA Trish		AQUA Reka			AQUA Eser	

BOXIN	G GYM	*B	RING YOUF		OVES.		
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itions of entry:

- vorkout
- ngs you cannot attend. will result in online access

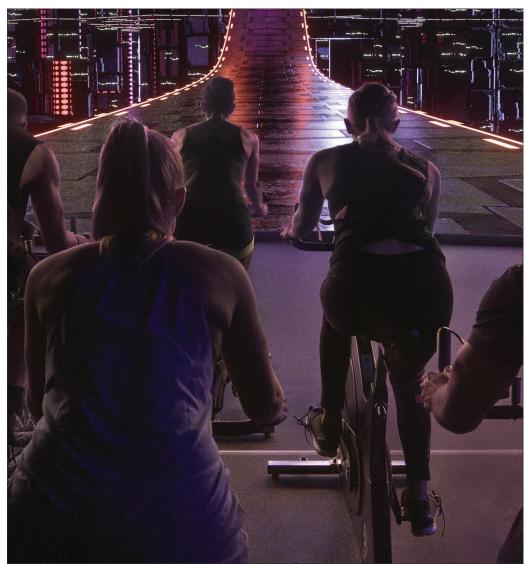
able is subject to change. adhere to healthy distancing requirements. or sanitation and prevent crowding for your own ealth and safety.

GROUP FITNESS TIMETABLE - 2nd Nov - 29th Nov

Timetable is subject to change. Class numbers have been capped in line with COVID safe regulations. Bookings are essential, please visit susf.com.au



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	MON		TUE	WED		THU		FRI		SAT		SUN	
6.30am	RPM Silvia	45		sprint Natalie	30		TRIP	RPM Christa	45				
7.00am											RIP		
7.30am					RIP								
8.00am													TRIP
9.00am										sprint Julia	30		
9.30am							TRIP						
10.00am											RIP	RPM Sophie	45
11.00am												RPM Sophie	45
12.10pm						RPM Aram	45						
12.30pm		IP		sprint Noura	30								
1.10pm			RPM Milli 45						RIP				
1.15pm						RPM Aram	45						
4.10pm										RPM Michael	45		
4.30pm					RIP								TRIP
5.10pm										RPM Michael	45		
5.30pm	sprint Milli	30		sprint _{Kapila}	30	RPM Sophie	45						
6.00pm									TRIP				
6.10pm			RPM Michael 45										
6.15pm	RPM Sophie	45		RPM Julia	45						RIP		
6.30pm							TRIP						
7.30pm			OTHE TRIP										



conditions of entry: no towel, no workout. Bookings are essential, please visit susf.com.au