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



Nourine         Nourine         45         Nourine				7115		MED		<b>T</b> I.II.		EDI		CAT						<b>TU</b>	
3.300m       Navara w os PLOW YOGA Scelary 35       Neda w os PLATES		MON				WED						SAI	5			MON		TUE	WED
7.30am       PLOW YOGA       PLATES       DOPPALAVES       DOPPALAVES <thdoppalaves< th=""> <thdoppalaves< th=""></thdoppalaves<></thdoppalaves<>	6.30am								45		45				12.00				UNLEAS
7.300m       Shelley       Sis       Sonia       Sonia <t< td=""><td></td><td></td><td></td><td></td><td></td><td>PILATES</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>12.00pm</td><td></td><td></td><td></td><td>Paulo</td></t<>						PILATES									12.00pm				Paulo
9.00am       SENICR Carried       4       Image: Senicrometer of the senicometer of the senicometerometer of the senicometer of the senicometerometer of the senicom	7.30am				~		55		_		55					IINLEAS	H		
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9.30an       Selver Carried Selver Carried Selver Carried Selver Carried Selver Carried Selver Carried Selver 10.00an       Selver Selv			45								55		Jenny	55					
10.00an       Service Crecury       45       Image: SS												BODYCOMBAT			12.40				UNLEA
10.00m       CKUOTT       45         10.00m       CKWORX       Finder 30         11.00pm       CKWORX       Paula 655         11.00pm       CKWORX         11.00pm       BODYPUMP         Noura 30       BODYPUMP         Noura 30       BODYPUMP         Noura 30       CKWORX         Stoppie       BODYPUMP         Paula       Sophie         Stoppie       BODYPUMP         Paula       Sophie         Stoppie       BODYPUMP         Noura 30       CKWORX         BODYPUMP       BODYPUMP         Noura 30       BODYPUMP         Paula       Sophie         Stoppie       BODYPUMP         Paula       Sophie         Stoppie       BODYPUMP         Phil       Trace         Stoppie       BODYPUMP         Phil       T	9.30am											Jane 55	)		12.40pm				Paulo
10.30am       CKWORX       SSN0SAL 55       CKORA       SSN0SAL 55       CKWORX       APAALESE YOGA       APAALESE YOGA       POOL         11.00am       CKWORX       BOOYPUMP       SWOPPUMP       SWOPPUMP       APAALESE YOGA       Paula 65       Tracey 55       Tracey 55         1.10pm       BOOYPUMP       SWOPPUMP       SWOPX       BOOYPUMP       SWOPX       BOOYPUMP       SWOPX       BOOYPUMP       SWOPX       BOOYPUMP       BOOYPUMP       BOOYPUMP       BOOYPUMP       SWOPX       BOOYPUMP       SWOPX       BOOYPUMP       BOOYPUMP       BOOYPUMP       SWOPX       BOOYPUMP       BOOYPUMP       BOOYPUMP       BOOYPUMP       BOOYPUMP       Swophie 30       Swophie 30       Swophie 30       Swophie 30			~																-
Notice       Ciris       Ciris <t< td=""><td>10.00am</td><td>Carmel</td><td>45</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>1.00pm</td><td></td><td></td><td></td><td></td></t<>	10.00am	Carmel	45												1.00pm				
Income       Cris       So       Cris       So       PLATES       JAPANESE YOGA         12.10/30       CXWORX       So       CXWORX       So       Tracey       So         12.10/30       CXWORX       So       CXWORX       Paula       So       Tracey       So         1.10pm       BODYPUMP Noura       So       So       So       So       So       So       AQUA       Tracey       So         4.00pm       Finit       So	10.30am					SENIOR POSTURAL													
11.00am       Image: control of the set of the s			_			Cris	55												
12.10/30       CXWORX Milli 30       CXWORX Jane 30       JAPANESE YOGA Paula 55       Image 100       Image 100         1.10pm Noura       BODYPUMP Milli 45       BODYPUMP Milli 45       CXWORX Milli 30       BODYPUMP Ricki 55       BODYPUMP Ricki 55       BODYPUMP Ricki 55       BODYPUMP Ricki 55         5.00pm Sophie       BODYPUMP Phil       CXWORX Sophie       BODYPUMP Phil       BODYPUMP Phil       BODYPUMP Ricki 55       BODYPUMP Ricki 55       BODYPUMP Ricki 55         5.00pm Sophie       BODYPUMP Phil       Sophie	11.00am											-			FOOL				
12.10/30       Image: Solution of the				CYWODY				Lesmus Streng	th				Tracey	55		MON		TUE	WED
BODYPUMP Noura       BODYPUMP Milii       MON       TUE         6.00pm       CXWORX Karola       BODYPUMP Milii       BODYPUMP Milii       BODYPUMP Milii       BODYPUMP Milii       BODYPUMP Milii       BODYPUMP Milii       Milii       MON       TUE         6.00pm       CXWORX Milii       BODYPUMP Milii       BODYPUMP Milii       BODYPUMP Milii       BODYPUMP Milii       Milii       Miliii       Miliiii       Miliiiiiiiiiiii	12.10/30				30			GRII	-				h			1.10pm			12.10pr
1.10pm       Noura       45       Milli       45       Milli       30       AUDA       Trish         1.15pm       CRIT Cardio Noura       Sophie       30       Sophie       BODYPUMP       BODYATTACK       BODYATTACK       BODYATTACK         4.00pm       CXWORX       Sophie       30       CXWORX       BODYPUMP       CXWORX       BODYATTACK       Sophie       55         5.00pm       BODYATTACK       Sophie       Sophie       30       Sophie       50       Sophie       50         5.00pm       BODYATTACK       Sophie       Sophie       50       Sophie       50       Sophie       50         5.00pm       BODYATTACK       Sophie       50       Sophie       50       Sophie       50         5.00pm       CKWORX       Sophie       Sophie       50       Sophie       50       Sophie       50         5.30pm       CKWORX       Sophie       Sop		RODVDIIMD				RODYDIIMD		June	9	CXWORX									
1.15pm       Image: Source and Source	1 10										30								AQUA
1.15pm Noura 30 Noura 30   4.00pm Image: Sophie 30   5.00pm Sophie 30   5.00pm BODYPUMP   Phil 45 CXWORX   Sophie 30 BODYPUMP   Phil 45 CXWORX   Sophie 30 BODYPUMP   Phil 45 CXWORX   Sophie 30 BODYPUMP   Phil 45 BODYCOMBAT   S.15pm BODYPUMP   Phil 45 BODYCOMBAT   S.30pm CXWORX   Sophie 30 BODYPUMP   Phil 30 BODYPUMP   6.00pm CXWORX   Mulii 45 CXWORX   Phil 30 BODYPUMP   BODYPUMP BODYPUMP   Lonardo 45 Image: Sophie 30   S.30pm Image: Sophie 30   Image: Sophie 30 Ima				GRIT Cardi	0											Irish			Reka
4.00pm       CXWORX Sophie       BODYPUMP Tizzy       BODYATTACK Sophie       BODYSOLANCE Sophie       Sophie       Sophie <thsophie< th=""> <thsophie< th=""> <t< td=""><td>1.15pm</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>POVIN</td><td>C CVM</td><td></td><td>*8</td><td>RING YO</td></t<></thsophie<></thsophie<>	1.15pm														POVIN	C CVM		*8	RING YO
CXWORX       BODYPUMP       CXWORX       BODYPUMP       CXWORX       BODYPUMP       Sophie       Sophie<	4.00pm											BODYPUMP	BODYA	TTACK	BOXIN				
4.30pm       Sophie       30       Sophie       30       Sophie       50         5.00pm       BODYPUMP       Phil       45       Sophie       30       Sophie       51         5.15pm       BODYATTACK       Sophie       45       Sophie       45       Sophie       51       BODYPUMP         5.15pm       BODYATTACK       Sophie       45       Sophie       45       Sophie       51       BODYPUMP         5.15pm       CXWORX       BODYATTACK       BODYPUMP       BODYPUMP       Sophie       51       Sophie       51       Sophie       51       Sophie       Sophie <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>Ricki 55</td><td>Rachel</td><td>55</td><td></td><td>MON</td><td></td><td>TUE</td><td>WED</td></td<>												Ricki 55	Rachel	55		MON		TUE	WED
S.00pm       BODYPUMP Phil       Phil       45       Sophie	noopin						~		_		_					<b>AND</b>			
Phil       45       Phil       Application		Sophie	30		_	lzzy	45	Sophie	30	Sophie	55				5.15pm	HIIT BOXING			
Sophie       Association       BODYCOMBAT Leonardo       BODYCOMBAT Leonardo       BODYCOMBAT Rachel       Sophie       Composition         5.30pm       CXWORX Karola       CXWORX Karola       BODYPUMP Izzy       So       No Towel = N         5.45pm       CXWORX Phill       BODYATTACK Karola       BODYPUMP Izzy       So       No late entry         6.00pm       CXWORX Phill       BODYATTACK Karola       BODYPUMP Leonardo       So       No late entry         6.15pm       CXWORX Phill       BODYATTACK Karola       BODYPUMP Leonardo       Image: So       Image: So       Image: So         6.30/6.45       Fill       So       JAPANESE YOGA Tracey       RODYBALANCE       Image: So       Image: So       Image: So         PILATES       BODYBALANCE       JAPANESE YOGA Tracey       Arie       So       Image: So	5.00pm															Aram	45		
Sindpile       45       Image: Constraint of the control of th	F 4 F			Phil	45			PORVOMPAT					RODYR	I ANCE					
5.30pm       Image: CXWORX Karola 30       Imag			$\sim$											~				(	Condit
<ul> <li>Karola 30</li> <li>Karola 30</li> <li>Karola 30</li> <li>Karola 30</li> <li>BODYPUMP Izzy 55</li> <li>CXWORX Phil 30</li> <li>CXWORX Phil 30</li> <li>BODYPUMP Milli 45</li> <li>CARCEL AND Phil 30</li> <li>BODYPUMP Milli 45</li> <li>CARCEL AND Phil 30</li> <li>BODYPUMP Leonardo 45</li> <li>Cancel any bo Cancel any bo restrictions.</li> <li>Failure to adh restrictions.</li> <li>This to Class numbers are cappor This to Class numbers are cappor Timing for classes vary to all</li> </ul>		oopine				CXWORX							Rucher						
6.00pm 6.00pm 6.15pm 6.15pm Milii 45 6.30/6.45 7.15pm BODYCOMBAT Igor 45 BODYBALANCE BODYBALANCE BODYBALANCE Arie 55 BODYBALANCE Arie 55 BODYBALANCE Arie 55 BODYBALANCE BODYBALANCE Arie 55 BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE	5.30pm						30									<ul> <li>No</li> </ul>	Tov	vel =	No wo
6.00pm 6.00pm 6.15pm 6.15pm Milii 45 6.30/6.45 7.15pm BODYCOMBAT Igor 45 BODYBALANCE BODYBALANCE BODYBALANCE Arie 55 BODYBALANCE Arie 55 BODYBALANCE Arie 55 BODYBALANCE BODYBALANCE Arie 55 BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE	F 4F									BODYPUMP							late	ontr	
6.00pm       Phil       30         6.15pm       BODYPUMP Milli       BODYATTACK Karola       BODYPUMP Leonardo       - Failure to adh restrictions.         6.30/6.45       Frill       BODYCOMBAT Phil       30       - Failure to adh restrictions.         7.15pm       BODYCOMBAT Igor       JAPANESE YOGA Tracey       BODYBALANCE Arie       - Failure to adh restrictions.         PILATES       BODYBALANCE       - Failure to adh restrictions.       - Failure to adh restrictions.	5.45pm										55								
6.15pm       BODYPUMP Milli       BODYATTACK Karola       BODYPUMP Leonardo       - Failure to adh restrictions.         6.30/6.45       CRT Series Phil       BODYBALANCE       BODYBALANCE       - Failure to adh restrictions.         7.15pm       BODYCOMBAT Igor       JAPANESE YOGA Tracey       BODYBALANCE       - Failure to adh restrictions.         PILATES       BODYBALANCE       Arie       - Failure to adh restrictions.	( 00			CXWORX												• Ca	ncel	any k	bookin
6.15pm       BODYFOMP       BODYFOMP       Leonardo 45       restrictions.         6.30/6.45       Image: Comparison of the series phile 30       <				Phil	30											• Fai	lure	to ac	here v
6.30/6.45 6.30/6.45 7.15pm BODYCOMBAT Igor 45 DAPANESE YOGA BODYBALANCE Arie 55 DI	( 4 -		-				_		~										
BODYCOMBAT     JAPANESE YOGA     BODYBALANCE       Igor     43     Tracey     55	o. ropm	Milli	45			Karola	45	Leonardo	45							res	trict	ions.	
7.15pm BODYCOMBAT Igor 45 JAPANESE YOGA PILATES BODYBALANCE Arie 55 Class numbers are capped Tracey 55 Arie 55 Class numbers are capped Timing for classes vary to all	6.30/6.45																		
7.15pm lgor 45 Tracey 55 Arie 55 Class numbers are capped Timing for classes vary to all			-	Phil	30			DODVDAL ANG										Thi	s timetab
PILATES BODYBALANCE	7 15nm		-				-		~							Class nun	hore		
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SUSAC	SUSAC GYM FLOOR GOLD & UNLEASH PASSES ONL											
	MON	TUE	WED	THU	FRI	SAT	SUN					
12.00pm			UNLEASH Paulo 30									
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.		
	MON	TUE	WED		THU	FRI	SAT
5.15pm	HIIT BOXINE Aram 45			5.30pm	HIIT BOXING Aram 45		

## itions of entry:

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

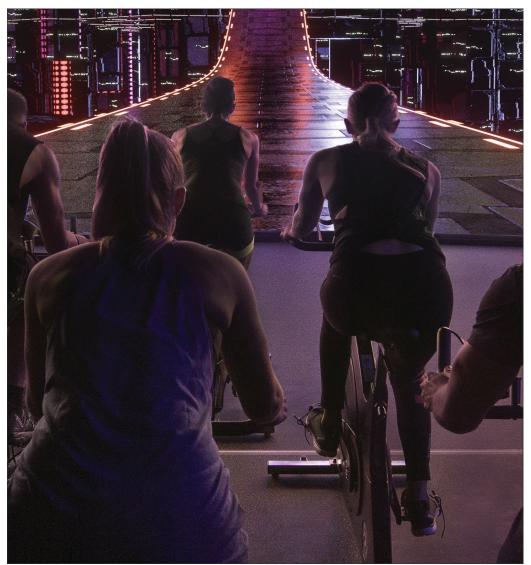
able is subject to change. adhere to healthy distancing requirements. or sanitation and prevent crowding for your own ealth and safety.

## 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



CYCLE	STUDIO	* R	eminder to	kindly ca	nce	l any o	:lass y	ou cann	iot a	ttend.			
	MON		TUE	WED		THU		FRI		SAT		SUN	
6.30am	<b>RPM</b> Silvia	45		<b>sprint</b> Natalie	30		TRIP	<b>RPM</b> Christa	45				
7.00am											RIP		
7.30am					RIP								
8.00am													TRIP
9.00am										<b>sprint</b> Julia	30		
9.30am							TRIP						
10.00am											RIP	<b>RPM</b> Sophie	45
11.00am												<b>RPM</b> Sophie	45
12.10pm						<b>RPM</b> Aram	45						
12.30pm		IP		<b>sprint</b> Noura	30								
1.10pm			<b>RPM</b> Milli 45						RIP				
1.15pm						<b>RPM</b> Aram	45						
4.10pm										<b>RPM</b> Michael	45		
4.30pm					RIP								TRIP
5.10pm										<b>RPM</b> Michael	45		
5.30pm	<b>sprint</b> Milli	30		<b>sprint</b> <sub>Kapila</sub>	30	<b>RPM</b> Sophie	45						
6.00pm									TRIP				
6.10pm			<b>RPM</b> Michael <b>45</b>										
6.15pm	<b>RPM</b> Sophie	45		<b>RPM</b> 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