

GROUP FITNESS TIMETABLE - 2nd Nov - 29th Nov



Bookings are essential, please visit susf.com.au



GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP Noura 45		BODYPUMP Ricki 45	BODYATTACK Karola 45		
7.30am		FLOW YOGA Shelley 55	PILATES Sonia 55	BODYBALANCE Ryan 55	PILATES Sonia 55		
9.00am	SENIOR CIRCUIT Carmel 45				SENIOR STRETCH N' BALANCE Cris / Kathy 55		BODYPUMP Jenny 55
9.30am						BODYCOMBAT Jane 55	
10.00am	SENIOR CIRCUIT Carmel 45						
10.30am			SENIOR POSTURAL Cris 55				
11.00am						PILATES Chris 55	JAPANESE YOGA Tracey 55
12.10/30		CXWORX Milli 30		GRIT Strength Jane 30		JAPANESE YOGA Paula 55	
1.10pm	BODYPUMP Noura 45		BODYPUMP Milli 45		CXWORX Milli 30		
1.15pm		GRIT Cardio Noura 30					
4.00pm						BODYPUMP Ricki 55	BODYATTACK Rachel 55
4.30pm	CXWORX Sophie 30		BODYPUMP Izzy 45	CXWORX Sophie 30	BODYATTACK Sophie 55		
5.00pm		BODYPUMP Phil 45					
5.15pm	BODYATTACK Sophie 45			BODYCOMBAT Leonardo 45			BODYBALANCE Rachel 55
5.30pm			CXWORX Karola 30				
5.45pm					BODYPUMP Izzy 55		
6.00pm		CXWORX Phil 30					
6.15pm	BODYPUMP Milli 45		BODYATTACK Karola 45	BODYPUMP Leonardo 45			
6.30/6.45		GRIT Series Phil 30					
7.15pm	BODYCOMBAT Igor 45		JAPANESE YOGA Tracey 55	BODYBALANCE Arie 55			
7.30/8.10	PILATES Chris 55	BODYBALANCE Renee 55					

SUSAC GYM FLOOR							
GOLD & UNLEASH PASSES ONLY							
	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	

BOXING GYM							
*BRING YOUR OWN GLOVES.							
	MON	TUE	WED	THU	FRI	SAT	
5.15pm	 Aram 45			5.30pm	 Aram 45		

Conditions of entry:

- No Towel = No workout
- No late entry
- Cancel any bookings you cannot attend.
- Failure to adhere will result in online access restrictions.

This timetable is subject to change.

Class numbers are capped to adhere to healthy distancing requirements.
Timing for classes vary to allow for sanitation and prevent crowding for your own health and safety.

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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 * Reminder to kindly cancel any class you cannot attend.							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM Silvia 45	LES MILLS THE TRIP	sprint Natalie 30	LES MILLS THE TRIP	RPM Christa 45		
7.00am						LES MILLS THE TRIP	
7.30am			LES MILLS THE TRIP				
8.00am							LES MILLS THE TRIP
9.00am						sprint Julia 30	
9.30am		LES MILLS THE TRIP		LES MILLS THE TRIP			
10.00am						LES MILLS THE TRIP	RPM Sophie 45
11.00am							RPM Sophie 45
12.10pm				RPM Aram 45			
12.30pm	LES MILLS THE TRIP		sprint Noura 30				
1.10pm		RPM Milli 45			LES MILLS THE TRIP		
1.15pm				RPM Aram 45			
4.10pm						RPM Michael 45	
4.30pm		LES MILLS THE TRIP	LES MILLS THE TRIP				LES MILLS THE TRIP
5.10pm						RPM Michael 45	
5.30pm	sprint Milli 30		sprint Kapila 30	RPM Sophie 45			
6.00pm					LES MILLS THE TRIP		
6.10pm		RPM Michael 45					
6.15pm	RPM Sophie 45		RPM Julia 45			LES MILLS THE TRIP	
6.30pm				LES MILLS THE TRIP			
7.30pm		LES MILLS THE TRIP					



CONDITIONS OF ENTRY: NO TOWEL, NO WORKOUT.

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