

GROUP FITNESS TIMETABLE: 1ST - 28TH FEBRUARY

Bookings are essential, please visit susf.com.au



GROUP FITNESS STUDIO *Please note new class times on Tues and Wed PM *							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP Matthew 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		CORE Jane 30		GRIT Cardio Jane 30		JAPANESE YOGA Paula 55	
1.10pm	BODYPUMP Jane W 45		BODYPUMP Silvia 45		CORE Milli 30		
1.15pm		GRIT Strength Kate 30					
4.00pm						BODYPUMP Ricki 55	BODYATTACK Renee 55
4.30pm	CORE Sophie 30	BODYPUMP Phil 55	CORE Karola 30	CORE Sophie 30	BODYATTACK Sophie 55		
5.00pm							
5.15pm	BODYATTACK Sophie 45		BODYATTACK Karola 45	BODYCOMBAT Jane 45			BODYBALANCE Renee 55
5.30pm							
5.45pm		CORE Phil 30			BODYPUMP Izzy 55		
6.00pm							
6.15pm	BODYPUMP Milli 45		BODYPUMP Izzy 45	BODYPUMP Jane W 45			
6.30pm		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
12.30pm	UNLEASH Carmel 30				UNLEASH Paulo 30		
1.00pm				UNLEASH Natalie 30			
5.00pm			UNLEASH Paulo 30				

POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
	1.10pm		12.10pm			11.10am	
	AQUA Trish		AQUA Reka			AQUA Valeria	

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

Group Fitness FYIs

- No Towel = No workout
- Please cancel all classes you cannot attend (this can be done up until 1hr prior to start time).
- No late entry to classes
- Name change for CXWORX, now Les Mills Core

This timetable is subject to change.

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

GROUP FITNESS TIMETABLE 1st - 28th February.

Timetable is subject to change. Class numbers have been capped in line with COVID safe regulations.



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							
12.10pm				RPM Aram 45			
12.30pm	LES MILLS THE TRIP		sprint Silvia 30				
1.10pm		RPM Milli 45			LES MILLS THE TRIP		
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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