

# GROUP FITNESSSTIMETABLE - 4th Jan- 31st Jan



Bookings are essential, please visit [susf.com.au](http://susf.com.au)



GROUP FITNESS STUDIO* Seniors classes resume 11th Jan							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		<b>BODYPUMP</b> Matthew 45		<b>BODYPUMP</b> Ricki 45	<b>BODYATTACK</b> Karola 45		
7.30am		<b>FLOW YOGA</b> Shelley 55	<b>PILATES</b> Sonia 55	<b>BODYBALANCE</b> Ryan 55	<b>PILATES</b> Sonia 55		
9.00am	<b>SENIOR CIRCUIT</b> Carmel 45				<b>SENIOR STRETCH N' BALANCE</b> Cris / Kathy 55		<b>BODYPUMP</b> Jenny 55
9.30am						<b>BODYCOMBAT</b> Jane 55	
10.00am	<b>SENIOR CIRCUIT</b> Carmel 45						
10.30am			<b>SENIOR POSTURAL</b> Cris 55				
11.00am						<b>PILATES</b> Chris 55	<b>JAPANESE YOGA</b> Tracey 55
12.10/30		<b>CXWORX</b> Jane 30		<b>GRIT</b> Strength Jane 30		<b>JAPANESE YOGA</b> Paula 55	
1.10pm	<b>BODYPUMP</b> Jane W 45		<b>BODYPUMP</b> Milli 45		<b>CXWORX</b> Milli 30		
1.15pm		<b>GRIT</b> Cardio Jane W 30					
4.00pm						<b>BODYPUMP</b> Ricki 55	<b>BODYATTACK</b> Rachel 55
4.30pm	<b>CXWORX</b> Sophie 30		<b>BODYPUMP</b> Izzy 45	<b>CXWORX</b> Sophie 30	<b>BODYATTACK</b> Sophie 55		
5.00pm		<b>BODYPUMP</b> Phil 45					
5.15pm	<b>BODYATTACK</b> Sophie 45			<b>BODYCOMBAT</b> Jane 45			<b>BODYBALANCE</b> Rachel 55
5.30pm			<b>CXWORX</b> Karola 30				
5.45pm					<b>BODYPUMP</b> Izzy 55		
6.00pm		<b>CXWORX</b> Phil 30					
6.15pm	<b>BODYPUMP</b> Milli 45		<b>BODYATTACK</b> Karola 45	<b>BODYPUMP</b> Jane W 45			
6.30/6.45		<b>GRIT</b> Series Phil 30					
7.15pm	<b>BODYCOMBAT</b> Igor 45		<b>JAPANESE YOGA</b> Tracey 55	<b>BODYBALANCE</b> Arie 55			
7.30/8.10	<b>PILATES</b> Chris 55	<b>BODYBALANCE</b> Renee 55					

SUSAC GYM FLOOR							
GOLD & UNLEASH PASSES ONLY							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	<b>UNLEASH</b> Carmel 30				<b>UNLEASH</b> Paulo 30		
1.00pm				<b>UNLEASH</b> Natalie 30			
5.00pm			<b>UNLEASH</b> Paulo 30				

POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm	1.10pm		12.10pm			11.40am	
<b>AQUA</b> Trish			<b>AQUA</b> Reka			<b>AQUA</b> 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.

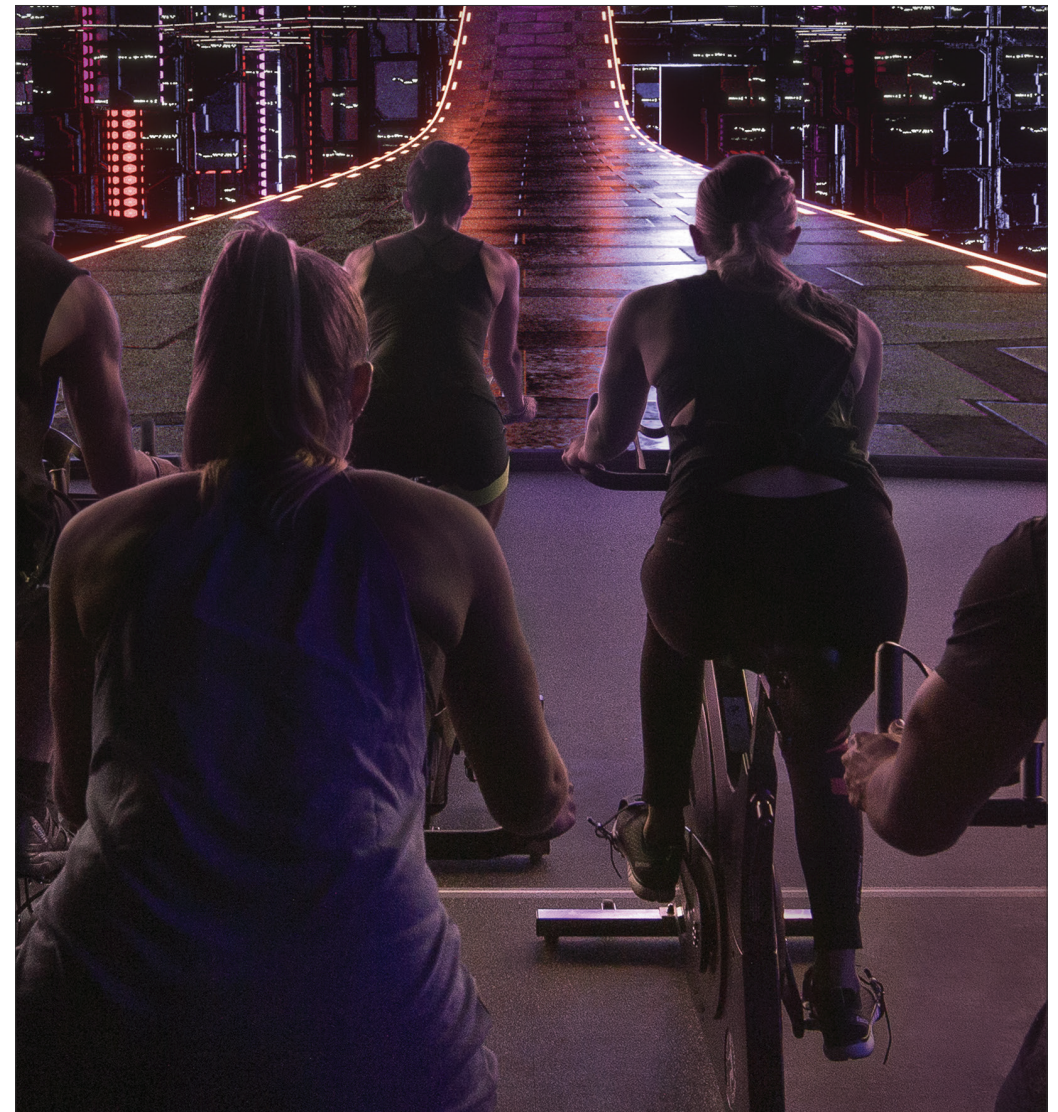
Class numbers are capped to adhere to healthy distancing requirements.  
Timing for classes vary to allow for sanitisation and to prevent crowding for your own health and safety.

# GROUP FITNESS TIMETABLE -4th Jan

*Timetable is subject to change. Class numbers have been capped in line with COVID safe regulations. Bookings are essential, please visit [susf.com.au](https://www.susf.com.au)*



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



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