

GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP Matthew 45		BODYPUMP Ricki 45	BODYATTACK Karola 45		
7.30am		YOGA FLOW Shelley 55	PILATES Sonia 55	BODYBALANCE Ryan 55	PILATES Sonia 55		
8.30am						tone Shelley 45	
9.00am							BODYPUMP Jenny 55
9.30am						BODYCOMBAT Jane 55	
11.00am						PILATES Chris 55	YOGA JAPANESE Haymon 55
12.00pm						YOGA JAPANESE Returning December 55	
12.30pm		CORE Jane 30		GRIT Strength Nat 30	CORE Jako 30		
1.10pm	BODYPUMP Jane W 45	GRIT Cardio Kate 30	BODYPUMP Mel Z 45				
4.00pm						BODYPUMP Ricki 55	BODYATTACK Anna 55
4.30pm	CORE Sophie 30	BODYPUMP Alejandra 45		CORE Sophie 30	BODYATTACK Sophie 45		
4.45pm			CORE Karola 30				
5.10pm							BODYBALANCE Mel Z 55
5.15pm	BODYATTACK Sophie 45			BODYCOMBAT Leo 45			
5.30pm					BODYPUMP Izzy 55		
5.30pm		GRIT Series Karola 30	BODYATTACK Karola 45				
6.15pm	BODYPUMP Milli 45	CORE Izzy 30		BODYPUMP Jane W 55			
6.30pm			BODYPUMP Izzy 45				
7.00pm		tone Rose 45					
7.15pm	BODYCOMBAT Igor 55						
7.30pm			YOGA JAPANESE Haymon 55	BODYBALANCE Renee 55			



Sydney Uni
SPORT & FITNESS

Group Fitness Timetable: 1st November – 28th November

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 Alejandra 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
12.10pm				RPM Aram 45			
12.30pm	LES MILLS THE TRIP		sprint TBA 30				
1.10pm		RPM Michael 45			LES MILLS THE TRIP		
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			
5.45pm							
6.00pm			RPM Chris C 45		LES MILLS THE TRIP		
6.15pm	RPM Sophie 45	RPM Christa 45				LES MILLS THE TRIP	
6.30pm				LES MILLS THE TRIP			

SENIORS							
	MON	TUE	WED	THU	FRI	SAT	SUN
9.00am	SENIOR CIRCUIT Esra 45				SENIOR STRETCH N' BALANCE Cris/Kathy 55		
10.00am	SENIOR CIRCUIT Esra 45						
10.30am			SENIOR POSTURAL Cris 55		THE WORKS Esra 55		

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.10am						AQUA Valeria 50	
12.00pm				AQUA Koa 50			
12.10pm	AQUA Trish 50						

SUSAC GYM FLOOR - GOLD & UNLEASH PASSES ONLY							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH Esra 30				UNLEASH Paulo 30		
5.00pm			UNLEASH Joshua 30				

BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.30pm	MY BOXING Aram 45						

Conditions of Entry:
No Towel = No workout.
Bookings are essential,
please visit susf.com.au.
This timetable is subject to change.

Timing for classes vary to allow for sanitisation and to prevent crowding for your own health and safety. Please cancel all classes you cannot attend. Timetable currently modified to be in line with COVID safety plans, all classes will return within the next few months please be patient with us as we navigate through this unique time.

Thank you!

