

GROUP FITNESS STUDIO							
	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>YOGA FLOW</b> Shelley 55	<b>PILATES</b> Sonia 55	<b>BODYBALANCE</b> Ryan 55	<b>PILATES</b> Sonia 55		
8.30am						<b>tone</b> Shelley 45	
9.00am							<b>BODYPUMP</b> Jenny 55
9.30am						<b>BODYCOMBAT</b> Jane 55	
11.00am						<b>PILATES</b> Chris 55	<b>YOGA JAPANESE</b> Haymon 55
12.30pm		<b>CORE</b> Jane 30		<b>GRIT Strength</b> Nat 30	<b>CORE</b> Jako 30		
1.10pm	<b>BODYPUMP</b> Jane W 45	<b>GRIT Cardio</b> Jane 30	<b>BODYPUMP</b> John 45				
4.00pm						<b>BODYPUMP</b> Ricki 55	<b>BODYATTACK</b> Anna 55
4.30pm	<b>CORE</b> Sophie 30	<b>BODYPUMP</b> Jane W 45		<b>CORE</b> Sophie 30	<b>BODYATTACK</b> Sophie 45		
4.45pm			<b>CORE</b> Karola 30				
5.10pm							<b>BODYBALANCE</b> Mel Z 55
5.15pm	<b>BODYATTACK</b> Sophie 45			<b>BODYCOMBAT</b> Abi 45			
5.30pm					<b>BODYPUMP</b> Izzy 55		
5.30pm		<b>GRIT Series</b> Karola 30	<b>BODYATTACK</b> Karola 45				
6.15pm	<b>BODYPUMP</b> Milli 45	<b>CORE</b> Izzy 30		<b>BODYPUMP</b> Jane W 55			
6.30pm			<b>BODYPUMP</b> Izzy 45				
7.00pm		<b>tone</b> Rose 45					
7.15pm	<b>BODYCOMBAT</b> Igor 55						
7.30pm			<b>YOGA JAPANESE</b> Haymon 55	<b>BODYBALANCE</b> Renee 55			



Sydney Uni  
SPORT & FITNESS

# Group Fitness Timetable: 29th November – 19th December

Bookings are essential, please visit [susf.com.au](http://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> Alejandra 45	<b>THE TRIP</b>	<b>sprint</b> Natalie 30	<b>THE TRIP</b>	<b>RPM</b> Christa 45		
7.00am						<b>THE TRIP</b>	
7.30am			<b>THE TRIP</b>				
8.00am							<b>THE TRIP</b>
9.00am						<b>sprint</b> Julia 30	
9.30am		<b>THE TRIP</b>		<b>THE TRIP</b>			
10.00am						<b>THE TRIP</b>	<b>RPM</b> Sophie 45
12.10pm				<b>RPM</b> Aram 45			
12.30pm	<b>THE TRIP</b>		<b>sprint</b> Kapila 30				
1.10pm		<b>RPM</b> Michael 45			<b>THE TRIP</b>		
4.30pm		<b>THE TRIP</b>	<b>THE TRIP</b>				<b>THE TRIP</b>
5.00pm						<b>RPM</b> Michael 45	
5.30pm	<b>sprint</b> Milli 30	<b>sprint</b> Kapila 30		<b>RPM</b> Sophie 45			
5.45pm							
6.00pm			<b>RPM</b> Chris C 45		<b>THE TRIP</b>		
6.15pm	<b>RPM</b> Sophie 45	<b>RPM</b> Christa 45				<b>THE TRIP</b>	
6.30pm				<b>THE TRIP</b>			

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

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

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

BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.15pm	<b>CITY BOXING</b> Aram 45						

**Conditions of Entry:**  
**No Towel = No workout.**  
**Bookings are essential,**  
**please visit [susf.com.au](http://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!

