

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>tōne</b> Shelley 45	
9.00am							<b>BODYPUMP</b> Jenny 55
9.30am						<b>BODYCOMBAT</b> Jane 55	
11.00am						<b>PILATES</b> Chris 55	
12.00pm						<b>YOGA</b> Paul 55	
12.30pm		<b>CORE</b> Jane 30		<b>GRIT</b> Strength Nat 30	<b>CORE</b> Jako 30		
1.10pm	<b>BODYPUMP</b> Jane W 45	<b>GRIT</b> Series Jane 30	<b>BODYPUMP</b> Mel 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		
5.00pm			<b>CORE</b> Karola 30				<b>BODYBALANCE</b> Mel Z 55
5.10pm	<b>BODYATTACK</b> Sophie 45			<b>BODYCOMBAT</b> Abi 55			
5.30pm					<b>BODYPUMP</b> Izzy 55		
5.30pm		<b>GRIT</b> Series Karola 30	<b>BODYATTACK</b> Karola 45				
6.00pm		<b>CORE</b> Izzy 30					
6.10pm	<b>BODYPUMP</b> Milli 45						
6.15pm				<b>BODYPUMP</b> Jane W 55			
6.30pm		<b>tōne</b> Rose 45	<b>BODYPUMP</b> Izzy 45				
7.05pm	<b>BODYCOMBAT</b> Igor 55						
7.30pm			<b>YOGA</b> Julia Returns 19th Jan 55	<b>BODYBALANCE</b> Renee 55			



Sydney Uni  
SPORT & FITNESS

# Group Fitness Timetable: 4th January – 30th January

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> Mili 30				
1.10pm		<b>RPM</b> Kelly 45			<b>THE TRIP</b>		
4.30pm		<b>THE TRIP</b>	<b>THE TRIP</b>				<b>THE TRIP</b>
5.00pm						<b>RPM</b> Nayan 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>		
6.10pm	<b>RPM</b> Sophie 45	<b>RPM</b> Christa 45					
6.15pm						<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>BOXING</b> Aram 45						

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

We ask for your patience and understanding whilst we trial some class time changes allowing for earlier start and finish times. Please continue to maintain a safe distance from each other and keep your mask on until commencement of the workout.

Please continue to sanitise and practice good hygiene to ensure SUSF can keep providing you with the best in group fitness classes.

This timetable is subject to change.

