

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> Ale 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>LES MILLS CORE</b> Jane 30		<b>LES MILLS CORE</b> Nat 30	<b>LES MILLS CORE</b> Jako 30		
1.10pm	<b>BODYPUMP</b> Jane W 45	<b>GRIT Series</b> Jane 30	<b>BODYPUMP</b> TBA 45				
4.00pm						<b>BODYPUMP</b> Ricki 55	<b>BODYATTACK</b> Anna 55
4.30pm	<b>LES MILLS CORE</b> Sophie 30	<b>BODYPUMP</b> Ricki 45		<b>LES MILLS CORE</b> Sophie 30	<b>BODYATTACK</b> Sophie 45		
5.00pm			<b>LES MILLS CORE</b> Karola 30				<b>BODYBALANCE</b> TBC 55
5.10pm	<b>BODYATTACK</b> Sophie 45			<b>BODYCOMBAT</b> Abi 55			
5.30pm					<b>BODYPUMP</b> Izzy 55		
5.30pm		<b>GRIT Series</b> Karola 30	<b>BODYATTACK</b> Karola 45				
6.00pm		<b>LES MILLS 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 45						
7.30pm				<b>BODYBALANCE</b> Renee 55			



Sydney Uni  
SPORT & FITNESS

# Group Fitness Timetable: 31st January – 27th February

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>LES MILLS THE TRIP</b>	<b>sprint</b> Natalie 30	<b>LES MILLS THE TRIP</b>	<b>RPM</b> Christa 45		
7.00am						<b>LES MILLS THE TRIP</b>	
7.30am			<b>LES MILLS THE TRIP</b>				
8.00am							<b>LES MILLS THE TRIP</b>
9.00am						<b>sprint</b> Julia 30	
9.30am		<b>LES MILLS THE TRIP</b>		<b>LES MILLS THE TRIP</b>			
10.00am						<b>LES MILLS THE TRIP</b>	<b>RPM</b> Sophie 45
12.10pm				<b>RPM</b> Aram 45			
12.30pm	<b>LES MILLS THE TRIP</b>		<b>sprint</b> Mili 30				
1.10pm		<b>RPM</b> Kelly 45			<b>LES MILLS THE TRIP</b>		
4.30pm		<b>LES MILLS THE TRIP</b>	<b>LES MILLS THE TRIP</b>				<b>LES MILLS 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>LES MILLS THE TRIP</b>		
6.10pm	<b>RPM</b> Sophie 45	<b>RPM</b> Christa 45					
6.15pm						<b>LES MILLS THE TRIP</b>	
6.30pm				<b>LES MILLS 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.

