

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						tōne Shelley 45	
9.00am							BODYPUMP Ale 55
9.30am						BODYCOMBAT Jane 55	
10.30am						PILATES Chris 55	
12.00pm						YOGA Paul 55	
12.30pm		CORE Jane 30		GRIT Strength Nat 30			
1.10pm	BODYPUMP Jane W 45	GRIT Series Jane 30	BODYPUMP Kate 45		LES MILLS THE TRIP Ella LIVE		
4.00pm						BODYPUMP Ricki 55	BODYATTACK Anna 55
4.30pm	CORE Sophie 30	BODYPUMP TBC 45		CORE Sophie 30	BODYATTACK Sophie 45		
5.00pm			CORE Karola 30				BODYBALANCE Harriet 55
5.10pm	BODYATTACK Sophie 45			BODYCOMBAT Abi 55			
5.30pm					BODYPUMP Izzy 55		
5.30pm		GRIT Series Karola 30	BODYATTACK Karola 45				
6.00pm		CORE Izzy 30					
6.10pm	BODYPUMP Milli 45						
6.15pm				BODYPUMP Jane W 55			
6.30pm		tōne Rose 45	BODYPUMP Izzy 45				
7.05pm	BODYCOMBAT Igor 45						
7.30pm		BODYBALANCE Renee 45	YOGA FUSION Harriet 55				



Sydney Uni
SPORT & FITNESS

Group Fitness Timetable: 2nd May – 29th May

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 Ale 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 Rose 45
12.10pm				RPM Aram 45			
12.30pm	LES MILLS THE TRIP		sprint Mili 30				
1.10pm		RPM Kelly 45			LES MILLS THE TRIP Ella LIVE		
4.30pm		LES MILLS THE TRIP	LES MILLS THE TRIP				LES MILLS THE TRIP
5.00pm						RPM Nayan 45	
5.30pm	sprint Milli 30	sprint Kapila 30		RPM Sophie 45			
5.45pm							
6.00pm			RPM Chris C 45		LES MILLS THE TRIP		
6.10pm	RPM Sophie 45	RPM Christa 45					
6.15pm						LES MILLS THE TRIP	
6.30pm				LES MILLS THE TRIP			

SENIORS							
	MON	TUE	WED	THU	FRI	SAT	SUN
9.00am	SENIOR CIRCUIT Esra 45			FUNCTIONAL STRENGTH Joshua 55	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 Michael 50	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 Nat 30		
5.00pm			UNLEASH Joshua 30				

BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				BOXING Aram 45			
5.15pm	BOXING Aram 45						

Conditions of Entry:
No Towel = No workout.
Bookings are essential,
please visit susf.com.au.

Welcoming back our
Sydney Uni students!
We have missed you.

To ensure a smooth and
speedy entry to your
class please:

Book before you arrive.
Bring a towel
Maintain a safe distance.
Sanitise all equipment.

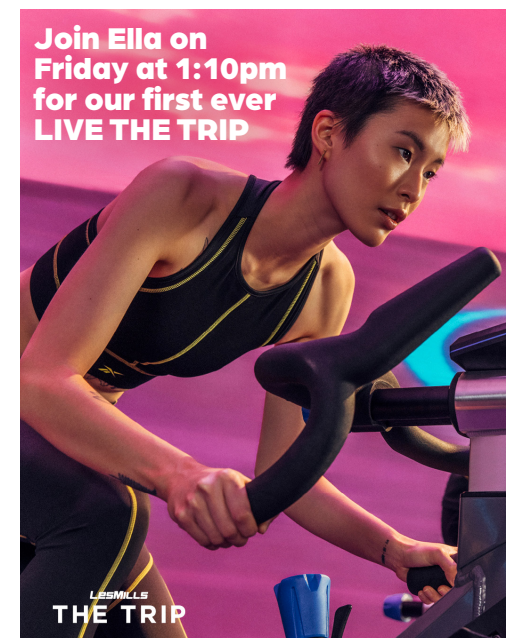
This timetable is subject
to change at anytime
without notice.



LES MILLS
GRIT



tone



Join Ella on
Friday at 1:10pm
for our first ever
LIVE THE TRIP

LES MILLS
THE TRIP