

WE ARE INVITING MEMBERS TO BRING A FRIEND(S) TO OUR **GROUP FITNESS** **MARATHON / OPEN DAY**

CLASSES WILL RUN FROM
7.30AM UNTIL 12PM STRAIGHT
(YOU CAN TAKE PART IN
AS MANY AS YOU WISH)

Bring a friend or two and celebrate
all things Group Fitness including the
launching of the latest Les Mills releases.

Try something new or why not
try to complete as many classes
as possible in this mega marathon.

25th June

7.30am	Grit Strength
8.00am	Body Combat
8.30am	Tone
9.00am	Core & Sprint (cycle studio)
9.30am	Body Attack
10.00am	Body Pump
10.30am	Pilates UNLEASH (running in the grid at the gym)
11.00am	HIITBOX
11.30am	The Trip
12.00pm	Yoga

Can't make these sessions?
Never fear,
there are two more classes
running in later in the afternoon:

4.00pm	Body Pump (55 minutes)
5.00pm	RPM (45 minutes)

For detailed
information
on all our classes
please visit:



Sydney Uni
SPORT & FITNESS