

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						tone Shelley 45	
9.00am	SENIOR CIRCUIT Esra 45			FUNCTIONAL STRENGTH Joshua 55	SENIOR STRETCH N' BALANCE Cris/Kathy 55		BODYPUMP Ale 55
9.30am						BODYCOMBAT Jane 55	
10.00am	SENIOR CIRCUIT Esra 45						
10.30am			SENIOR POSTURAL Cris 55		THE WORKS Esra 55	PILATES Chris 55	
12.00pm						YOGA Paul 55	
12.30pm		CORE Jane 30		GRIT Strength Nat 30	UNLEASH Nat 30		
1.10pm	BODYPUMP Jane W 45	GRIT Series jane 30	BODYPUMP Kate 45				
4.00pm						BODYPUMP Ricki 55	BODYATTACK Anna 55
4.30pm	CORE Sophie 30	BODYPUMP Phil 45		CORE Sophie 30	BODYATTACK Sophie 45		
5.00pm			CORE Karola 30				BODYBALANCE TBC 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 Abi 55			
6.30pm		tone Rose 45	BODYPUMP Izzy 45				
7.05pm	BODYCOMBAT Igor 45						
7.30pm		BODYBALANCE Milli 45	YOGA FUSION Harriet 55				

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
10.30am		AQUA Michael 50					
11.30am						AQUA Trish 50	
12.00pm			AQUA Koa 50				
12.10pm	AQUA Trish 50						



Group Fitness Timetable 4th July – 31st July

Bookings are essential, please visit susf.com.au

CYCLE STUDIO							
	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	
8.00am							LES MILLS THE TRIP
9.00am						sprint Avani 30	
9.30am		LES MILLS THE TRIP		LES MILLS THE TRIP			
10.00am						LES MILLS THE TRIP	RPM Rose 45
12.10pm				RPM TBC 45			
12.30pm	LES MILLS THE TRIP		sprint Milli 30		LES MILLS THE TRIP LIVE Ella		
1.10pm		RPM Kelly 45					
4.30pm		LES MILLS THE TRIP					LES MILLS THE TRIP
5.00pm			sprint Julia 30			RPM Nayan 45	
5.30pm	sprint Milli 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			

SUSAC GYM FLOOR							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH Esra 30						
5.00pm			UNLEASH Joshua 30				

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