Group Fitness Timetable: May 3rd – May 30th

Sydney Uni SPORT & FITNESS

Bookings are essential, please visit susf.com.au

GROUP FITNESS STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	tone Rose 45	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							BODYPUMP Jenny 55
9.30am						BODYCOMBAT Jane 55	
11.00am						PILATES Chris 55	JAPANESE YOGA Tracey 55
12.00pm						JAPANESE YOGA Paula 55	
12.30pm		CORE Jane 30		GRIT Strength Jane 30			
1.10pm	BODYPUMP Jane W 45	GRIT Cardio Kate 30	BODYPUMP Kate 45		CORE Milli 30		
4.00pm						BODYPUMP Ricki 55	BODYATTACK Renee 55
4.30pm	CORE Sophie 30	BODYPUMP Phil 55		CORE Sophie 30	BODYATTACK Sophie 45		
5.00pm			CORE Karola 30				
5.10pm	BODYATTACK Sophie 45			BODYCOMBAT Jane 45			BODYBALANCE Renee 55
5.30pm					BODYPUMP Izzy 55		
5.35pm		GRIT Series Phil 30	BODYATTACK Karola 55				
6.10pm	BODYPUMP Milli 45	CORE Phil 30		BODYPUMP Jane W 55			
6.30pm			BODYPUMP Izzy 45				
6.45pm		tone Rose 45					
7.10pm	BODYCOMBAT Igor 55						
7:30pm		BODYBALANCE Renee 55	JAPANESE YOGA Tracey 55	BODYBALANCE Arie 55			
8.10pm	PILATES Chris 55						

CYCLE STUDIO* Reminder to kindly cancel any class you cannot attend.

	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM Alejandra 45	THE TRIP	sprint Natalie 30	THE TRIP	RPM Christa 45		
7.00am						THE TRIP	
7.30am			THE TRIP				
8.00am							THE TRIP
9.00am						sprint Julia 30	
9.30am		THE TRIP		THE TRIP			
10.00am						THE TRIP	RPM Sophie 45
12.10pm				RPM Aram 45			
12.30pm	THE TRIP		sprint Kate 30				
1.10pm		RPM Michael 45			THE TRIP		
4.10pm						RPM Michael 45	
4.30pm		THE TRIP	THE TRIP				THE TRIP
5.30pm	sprint Milli 30			RPM Sophie 45			
5.45pm		sprint Kapila 30					
6.00pm			RPM Chris C 45		THE TRIP		
6.15pm	RPM Sophie 45					THE TRIP	
6.30pm		RPM Christa 45		THE TRIP			
7.30pm		THE TRIP					

SENIORS

	MON	TUE	WED	THU	FRI	SAT	SUN
9.00am	SENIOR CIRCUIT Esra 45				SENIOR STRETCH N' BALANCE Cris/Kathy 55		
10.00am	SENIOR CIRCUIT Esra 45						
10.30am			SENIOR POSTURAL Cris 55		THE WORKS Esra 55		

AQUA

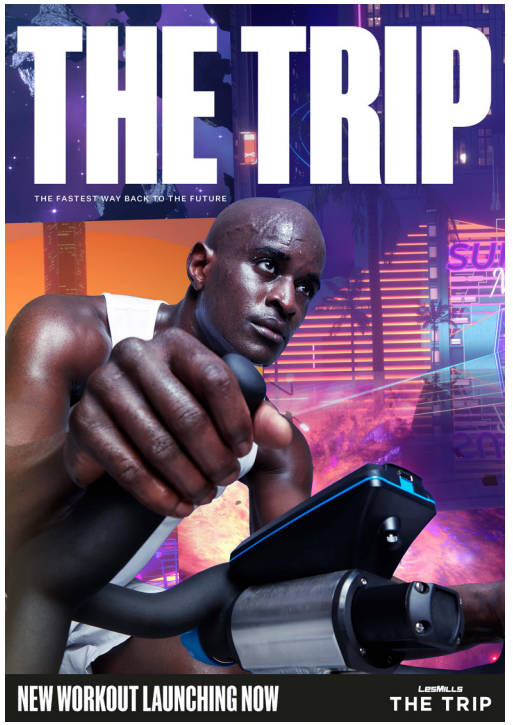
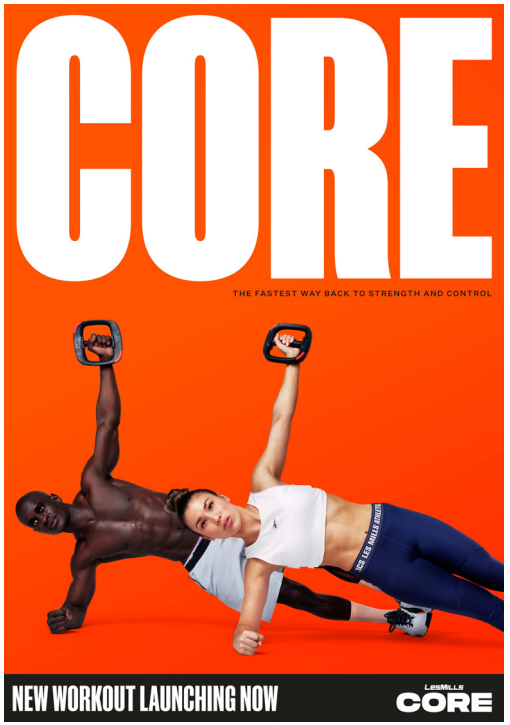
	MON	TUE	WED	THU	FRI	SAT	SUN
11.10am						AQUA Valeria 50	
12.10pm	AQUA Trish 50		AQUA Reka 50				

SUSAC GYM FLOOR - GOLD & UNLEASH PASSES ONLY

	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH Noura 30				UNLEASH Paulo 30		
1.00pm				UNLEASH Natalie 30			
5.00pm			UNLEASH Paulo 30				

BOXING GYM

	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				HIIT BOXING Aram 45			
5.30pm	HIIT BOXING Aram 45						

Conditions of Entry:
No Towel = No workout.
Bookings are essential, please visit susf.com.au
This timetable is subject to change.

Class numbers are capped to adhere to healthy distancing requirements. Timing for classes vary to allow for sanitisation and to prevent crowding for your own health and safety. Please cancel all classes you cannot attend (this can be done up until 1hr prior to start time). No late entry to classes. Name change for CXWORX, now Les Mills Core