

GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		<b>BODYPUMP</b> Noura 55		<b>BODYPUMP</b> Ryan 55			
7.00am					<b>GRIT</b> Series Chris C 30		
7.30am	<b>YOGA</b> Kate 55	<b>YOGA</b> FLOW Shelley 55	<b>PILATES</b> Sonia 55	<b>BODYBALANCE</b> Ryan 55	<b>PILATES</b> Sonia 55		
9.00am	<b>SENIOR</b> CIRCUIT Nat 45						
9.30am							
10.00am	<b>SENIOR</b> CIRCUIT Nat 45					<b>BODYCOMBAT</b> Jane 55	
10.30am							
12.00pm						<b>YOGA</b> Paul 55	
12.30pm		<b>CORE</b> Jane 30		<b>GRIT</b> Strength Nat 30			
1.10pm	<b>BODYPUMP</b> Ariane 45	<b>BODYCOMBAT</b> Jane 30	<b>BODYPUMP</b> Noura 45		<b>CORE</b> Michael DS 30		
4.00pm						<b>BODYPUMP</b> BP 55	
4.30pm	<b>CORE</b> Sophie 30	<b>BODYPUMP</b> Rhianan 55		<b>CORE</b> Sophie 30	<b>BODYATTACK</b> Sophie 45		
5.00pm			<b>CORE</b> Karola 30				
5.10pm	<b>BODYATTACK</b> Sophie 45						
5.15pm				<b>LESMILLS</b> BODYJAM Adrian 45			
5.30pm		<b>GRIT</b> Series Karola 30	<b>BODYATTACK</b> Karola 45		<b>BODYPUMP</b> Linda 55		
6.00pm		<b>CORE</b> Rose 30					
6.10pm	<b>BODYPUMP</b> Ariane 45			<b>BODYCOMBAT</b> Abi 45			
6.30pm			<b>BODYPUMP</b> Linda 45				
7.00pm		<b>BODYBALANCE</b> Milli (cover) 55		<b>BODYPUMP</b> Abi 45			
7.05pm	<b>BODYCOMBAT</b> Igor 45						
7.15pm							
7.30pm							

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.30am						<b>AQUA</b> Chris P 50	
12.00pm			<b>AQUA</b> Sonja 50				
12.10pm	<b>AQUA</b> Trish 50						

! Classes with this symbol need your love to keep them on the timetable!



## Group Fitness Timetable

18th December – 24th December

See website for public holiday classes. Sign up to our newsletter to stay up to date with all the latest news and events in group fitness, please visit [susf.com.au](http://susf.com.au)

CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	<b>RPM</b> Jane 45		<b>sprint</b> Natalie 30				
7.00am		<b>LESMILLS</b> THE TRIP		<b>LESMILLS</b> THE TRIP		<b>LESMILLS</b> THE TRIP	
8.00am							
9.00am							
9.30am		<b>LESMILLS</b> THE TRIP		<b>LESMILLS</b> THE TRIP		<b>sprint</b> Nat 30	
10.30am						<b>LESMILLS</b> THE TRIP	
12.10pm				<b>RPM</b> Aram 45			
12.30pm	<b>LESMILLS</b> THE TRIP		<b>LESMILLS</b> THE TRIP				
1.10pm		<b>RPM</b> Kelly 45					
4.30pm		<b>LESMILLS</b> THE TRIP					
5.00pm						<b>RPM</b> Sam T 45	
5.30pm	<b>sprint</b> Christa 30			<b>RPM</b> Sophie 45			
6.00pm					<b>LESMILLS</b> THE TRIP		
6.10pm	<b>RPM</b> Sophie 45	<b>RPM</b> Christa 45					
6.15pm			<b>RPM</b> Chris C 45			<b>LESMILLS</b> THE TRIP	
6.30pm				<b>LESMILLS</b> THE TRIP			

### SUSAC GYM FLOOR - CIRCUIT TRAINING IS BACK!

	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	<b>UNLEASH</b> Upper body & core Nat 30						
5.30pm			<b>UNLEASH</b> Lower body & core Nat 30				

### BOXING GYM

	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm							
5.15pm	<b>BOXING</b> Aram 45						