

GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP Noura 55		BODYPUMP Ryan 55			
7.00am					GRIT Series Chris C 30		
7.30am	YOGA Kate 55	YOGA FLOW Shelley 55	PILATES Sonia 55	BODYBALANCE Ryan 55	PILATES Sonia 55		
9.00am	SENIOR CIRCUIT Nat 45			FUNCTIONAL STRENGTH Arisa 55	SENIOR STRETCH N BALANCE Cris/Kathy 55		BODYPUMP Jenny 55
9.30am						BODYCOMBAT Jane 55	
10.00am	SENIOR CIRCUIT Nat 45						BODYSTEP Returns Feb 2024 55
10.30am			SENIOR POSTURAL Cris 55		THE WORKS Darcy 55	PILATES Chris 55	
12.00pm						YOGA Paul 55	
12.30pm		CORE Jane 30		GRIT Strength Nat 30			
1.10pm	BODYPUMP Niki 45	BODYCOMBAT Jane 30	BODYPUMP Noura 45	LESMILLS LIT BOMBING Aram 45	CORE Michael DS 30		
4.00pm						BODYPUMP Ricki 55	BODYATTACK Michael 55
4.30pm	CORE Sophie 30	BODYPUMP Rhianan 55		CORE Sophie 30	BODYATTACK Sophie 45		
5.00pm			CORE Karola 30				BODYBALANCE Rebecca 55
5.10pm	BODYATTACK Sophie 45						
5.15pm				LESMILLS BODYJAM Adrian 45			
5.30pm		GRIT Series Karola 30	BODYATTACK Karola 45		BODYPUMP Linda 55		
6.00pm		CORE Rose 30					
6.10pm	BODYPUMP Milli 45			BODYCOMBAT Abi 45			
6.30pm			BODYPUMP Linda 45				
7.00pm		BODYBALANCE Milli (cover) 55		BODYPUMP Abi 45			
7.05pm	BODYCOMBAT Igor 45						
7.15pm							
7.30pm			YOGA FUSION Harriet 55				

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

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



Group Fitness Timetable

4th December – 17th 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

CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM Jane 45		sprint Natalie 30		RPM Christa 45		
7.00am		LESMILLS THE TRIP		LESMILLS THE TRIP		LESMILLS THE TRIP	
8.00am							LESMILLS THE TRIP
9.00am						sprint Nat 30	
9.30am		LESMILLS THE TRIP		LESMILLS THE TRIP			
10.00am						LESMILLS THE TRIP	RPM Rose 45
12.10pm				RPM Aram 45			
12.30pm	LESMILLS THE TRIP		LESMILLS THE TRIP		sprint Abi 30		
1.10pm		RPM Kelly 45					
4.30pm		LESMILLS THE TRIP					LESMILLS THE TRIP
5.00pm						RPM Sam T 45	
5.30pm	sprint Milli 30			RPM Sophie 45			
6.00pm					LESMILLS THE TRIP		
6.10pm	RPM Sophie 45	RPM Christa 45					
6.15pm			RPM Chris C 45			LESMILLS THE TRIP	
6.30pm				LESMILLS THE TRIP			

SUSAC GYM FLOOR - CIRCUIT TRAINING IS BACK!

	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH Upper body & core Nat 30				UNLEASH HIIT Nat 30		
5.30pm			UNLEASH Lower body & core Nat 30				

BOXING GYM

	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				HIITBOX in the Group Fitness studio			
5.15pm	LESMILLS LIT BOMBING Aram 45						