

| GROUP FITNESS STUDIO |                                 |                                      |                                   |  |  |                                      |                                  |
|----------------------|---------------------------------|--------------------------------------|-----------------------------------|--|--|--------------------------------------|----------------------------------|
|                      | MON                             | TUE                                  | WED                               | THU                                    | FRI  | SAT                                  | SUN                              |
| 6.30am               |                                 | <b>BODYPUMP</b><br>Noura 55          |                                   | <b>BODYPUMP</b><br>Ryan 55             |  |                                      |                                  |
| 7.00am               |                                 |                                      |                                   |  | <b>GRIT</b> Series<br>Chris C 30                     |                                      |                                  |
| 7.30am               | <b>YOGA</b><br>Kate 55          | <b>YOGA FLOW</b><br>Shelley 55       | <b>PILATES</b><br>Sonia 55        | <b>BODYBALANCE</b><br>Ryan 55          | <b>PILATES</b><br>Sonia 55                           |                                      |                                  |
| 9.00am               | <b>SENIOR CIRCUIT</b><br>Nat 45 |                                      |                                   | <b>FUNCTIONAL STRENGTH</b><br>Arisa 55 | <b>SENIOR STRETCH &amp; BALANCE</b><br>Cris/Kathy 55 |                                      | <b>BODYPUMP</b><br>Jenny 55      |
| 9.30am               |                                 |                                      |                                   |  |  | <b>BODYCOMBAT</b><br>Niki (cover) 55 |                                  |
| 10.00am              | <b>SENIOR CIRCUIT</b><br>Nat 45 |                                      |                                   |  |  |                                      | <b>BODYSTEP</b><br>Jenny 55      |
| 10.30am              |                                 |                                      | <b>SENIOR POSTURAL</b><br>Cris 55 |  |  | <b>PILATES</b><br>Chris 55           |                                  |
| 11.00am              |                                 |                                      |                                   |  | <b>THE WORKS</b><br>Nat 55                           |                                      |                                  |
| 12.00pm              |                                 |                                      |                                   |  |  | <b>YOGA</b><br>Paul 55               |                                  |
| 12.30pm              |                                 | <b>CORE</b><br>Michael (cover) 30    |                                   | <b>GRIT</b> Strength<br>Nat 30         |  |                                      |                                  |
| 1.10pm               | <b>BODYPUMP</b><br>Niki 45      | <b>BODYCOMBAT</b><br>Niki (cover) 30 | <b>BODYPUMP</b><br>Noura 45       |  | <b>CORE</b><br>Michael DS 30                         |                                      |                                  |
| 4.00pm               |                                 |                                      |                                   |  |  | <b>BODYPUMP</b><br>Ricki 55          | <b>BODYATTACK</b><br>Michael 55  |
| 4.30pm               | <b>CORE</b><br>Sophie 30        | <b>BODYPUMP</b><br>Rhiannan 55       |                                   | <b>CORE</b><br>Sophie 30               | <b>BODYATTACK</b><br>Sophie 45                       |                                      |                                  |
| 5.00pm               |                                 |                                      | <b>CORE</b><br>Karola 30          |  |  |                                      | <b>BODYBALANCE</b><br>Rebecca 55 |
| 5.10pm               | <b>BODYATTACK</b><br>Sophie 45  |                                      |                                   |  |  |                                      |                                  |
| 5.15pm               |                                 |                                      |                                   | <b>LES MILLS BODYJAM</b><br>Adrian 45  |  |                                      |                                  |
| 5.30pm               |                                 | <b>GRIT</b> Series<br>Karola 30      | <b>BODYATTACK</b><br>Karola 45    |  | <b>BODYPUMP</b><br>Linda 55                          |                                      |                                  |
| 6.00pm               |                                 | <b>CORE</b><br>Rose 30               |                                   |  |  |                                      |                                  |
| 6.10pm               | <b>BODYPUMP</b><br>Milli 45     |                                      |                                   | <b>BODYCOMBAT</b><br>Abi 45            |  |                                      |                                  |
| 6.30pm               |                                 | <b>NEW</b>                           | <b>BODYPUMP</b><br>Linda 45       |  | <b>YOGA FUSION</b><br>Harriet 55                     |                                      |                                  |
| 6.45pm               |                                 | <b>Zen Fit Pilates</b><br>Rebecca 55 |                                   |  |  |                                      |                                  |
| 7.00pm               |                                 |                                      |                                   | <b>BODYPUMP</b><br>Abi 45              |  |                                      |                                  |
| 7.05pm               | <b>BODYCOMBAT</b><br>Igor 45    |                                      |                                   |  |  |                                      |                                  |
| 7.30pm               |                                 |                                      | <b>BODYBALANCE</b><br>John 55     |  |  |                                      |                                  |

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

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



# Group Fitness Timetable

4th February – 3rd March

Bookings are essential visit: [susf.com.au](http://susf.com.au)

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

| SUSAC GYM FLOOR - CIRCUIT TRAINING IS BACK! |   |     |   |     |  |     |     |
|---|---|-----|---|-----|--|-----|-----|
|   | MON   | TUE | WED   | THU | FRI  | SAT | SUN |
| 12.30pm                                     | <b>UNLEASH</b><br>Upper body & core<br>Nat 30 |     |   |     | <b>UNLEASH</b><br>HIIT<br>Michael (cover) 30 |     |     |
| 5.30pm                                      |   |     | <b>UNLEASH</b><br>Lower body & core<br>Nat 30 |     |  |     |     |

| BOXING GYM |                              |     |     |                         |     |     |     |
|------------|------------------------------|-----|-----|-------------------------|-----|-----|-----|
|            | MON                          | TUE | WED | THU                     | FRI | SAT | SUN |
| 12.30pm    |                              |     |     | <b>HIT BOXING</b><br>30 |     |     |     |
| 5.15pm     | Aram <b>HIT BOXING</b><br>45 |     |     |                         |     |     |     |