

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 FLOW</b> 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			<b>FUNCTIONAL</b> STRENGTH Arisa 55	<b>SENIOR</b> STRETCH & BALANCE Cris/Kathy 55		<b>BODYPUMP</b> Jenny 55
9.30am						<b>BODYCOMBAT</b> Jane 55	
10.00am	<b>SENIOR</b> CIRCUIT Nat 45						<b>BODYSTEP</b> Jenny 55 Last class Apr 14
10.30am			<b>SENIOR</b> POSTURAL Cris 55				
10.45am						<b>PILATES</b> Maëva 55	
11.00am					<b>THE WORKS</b> Nat 55		New class coming in May
12.00pm	<b>PILATES</b> Semester only Sonia 55		<b>YOGA</b> Semester only Tida 55			<b>YOGA</b> Paul 55	
12.30pm		<b>CORE</b> Jane 30		<b>GRIT</b> Strength Nat 30			
1.10pm	<b>BODYPUMP</b> Niki 45	<b>BODYCOMBAT</b> Jane 30	<b>BODYPUMP</b> Noura 45		<b>CORE</b> Michael DS 30		
4.00pm						<b>BODYPUMP</b> Ricki 55	
4.30pm	<b>CORE</b> Sophie 30	<b>BODYPUMP</b> Rhiannan 55		<b>CORE</b> Sophie 30	<b>BODYATTACK</b> Sophie 45		
5.00pm							<b>BODYBALANCE</b> Rebecca 55
5.10pm	<b>BODYATTACK</b> Sophie 45		<b>CORE</b> Karola 30				
5.15pm				<b>LES MILLS</b> <b>BODYJAM</b> Adrian 45			
5.30pm		<b>GRIT</b> Series Karola 30			<b>BODYPUMP</b> Linda 55		
5.45pm			<b>BODYATTACK</b> Karola 45				
6.00pm		<b>CORE</b> Rose 30					
6.10pm	<b>BODYPUMP</b> Milli 45			<b>BODYCOMBAT</b> Abi 45	<b>NEW STYLE</b> <b>YOGA</b> FUSION Paul 55		
6.30pm							
6.35pm		<b>NEW</b>	<b>BODYPUMP</b> Linda 45				
6.45pm		<b>FlexZen Pilates</b> Rebecca 55					
7.00pm				<b>BODYPUMP</b> Abi 45			
7.05pm	<b>BODYCOMBAT</b> Igor 45						
7.30pm			<b>BODYBALANCE</b> John 55				

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.30am						<b>AQUA</b> Canceled until further notice 50	
12.00pm			<b>AQUA</b> Peter 50				
12.10pm	<b>AQUA</b> Trish 50						



# Group Fitness Timetable

2nd April – 5th May

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

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

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

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

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