

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 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 Alice 55
9.30am						BODYCOMBAT Jane 55	
10.00am	SENIOR Nat 45						
10.30am			SENIOR POSTURAL Cris 55				GRIT Series Michael DS 30
10.45am						PILATES Maëva 55	
11.00am					THE WORKS Nat 55		
12.00pm						YOGA Paul 55	
12.30pm		CORE Jane 30		GRIT Strength Nat 30			
1.10pm	BODYPUMP Noura 45	BODYBALANCE Mel Z 45	BODYPUMP Niki 45		CORE Michael DS 30		
4.00pm						BODYPUMP Nicola 55	
4.30pm	CORE Sophie 30	BODYPUMP Rhiannan 55		CORE Sophie 30	BODYATTACK Sophie 45		
5.00pm			LES MILLS SHAPES Karola 45				BODYBALANCE Rebecca 55
5.10pm	BODYATTACK Sophie 45						
5.15pm				BODYBALANCE Adro 45			
5.30pm		GRIT Series Karola 30			BODYPUMP Linda 55		
5.45pm			BODYATTACK Karola 45				
6.00pm		CORE Rose 30					
6.10pm	BODYPUMP Chris C 45			BODYCOMBAT Abi 45			
6.30pm					YOGA FUSION Paul 55		
6.35pm			BODYPUMP Linda 45				
6.45pm		FlexZen Pilates Rebecca 55					
7.00pm					BODYPUMP Abi 45		
7.05pm	BODYCOMBAT Igor 45						
7.30pm							

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.00pm			AQUA Anita 50			AQUA Anne 50	
12.10pm	AQUA Trish 50						



Group Fitness Timetable

Timetable effective as of Sept 30th

Bookings are essential visit: susf.com.au

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CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am			sprint Natalie 30				
6.30am	RPM Jane 45				RPM Christa 45		
7.00am		LES MILLS THE TRIP		LES MILLS THE TRIP		LES MILLS THE TRIP	
8.00am							LES MILLS THE TRIP
9.00am						sprint Nat 30	
9.30am				LES MILLS THE TRIP			
10.00am						LES MILLS THE TRIP	RPM Rose 45
12.30pm	LES MILLS THE TRIP		LES MILLS THE TRIP				
1.10pm		RPM Jane 45		RPM Virtual class 45			
4.30pm		LES MILLS THE TRIP					LES MILLS THE TRIP
5.00pm						RPM Nicola 45	
5.30pm	sprint Chris C 30			RPM Sophie 45			
6.00pm					LES MILLS THE TRIP		
6.10pm	RPM Sophie 45	RPM Christa 45					
6.15pm			RPM Chris C 45			LES MILLS THE TRIP	
6.30pm				LES MILLS 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
12.30pm				RETURNING SOON HIIT BOXING 30			
5.15pm	Aram HIIT BOXING 45						

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