

23RD DEC - 29 DEC							
	MON 9-5PM	TUE 9-5PM	WED CLOSED	THU 11AM-5PM	FRI 9AM-5PM	SAT 9AM-5PM	SUN 9AM-5PM
9.30am	<b>MYSTERY CLASS</b> Nat + Noura	<b>BODYPUMP</b> Cecilia 55			<b>BODYATTACK</b> MDS 30		<b>BODYPUMP</b> Jako 55
9.30am	<b>RPM</b> Virtual class	<b>THE TRIP</b> Virtual class				<b>sprint</b> Nat	
10.00am						<b>BODYCOMBAT</b> Jane	
10.10am							<b>RPM</b> Jako
9.00am							
9.30am							
10.00am							
11.30am		<b>sprint</b> Virtual class		<b>sprint</b> Nat			
12.30pm	<b>THE TRIP</b> Virtual class				<b>sprint</b> Virtual class		
1.10pm				<b>RPM</b> Virtual class			
4.00pm	<b>BODYPUMP</b> Noura 45	<b>GRIT</b> Series Karola			<b>THE TRIP</b> Virtual class	<b>BODYPUMP</b> Nicola 55	
4.00pm	<b>sprint</b> Virtual class	<b>RPM</b> Virtual class			<b>MYSTERY CLASS</b> Nat + Noura		

Please note all Sprint, RPM and The Trip classes run from the cycle studio.



# Group Fitness Timetable

Timetable effective as of  
Dec 23rd - 5th Jan

Bookings are essential visit: [susf.com.au](http://susf.com.au)  
Follow us @sydneyunigroupfitness



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30TH DEC - 5TH JAN							
	MON 9-5PM	TUE 11AM - 5PM	WED CLOSED	THU	FRI	SAT	SUN
	RESUME NORMAL TRADING HOURS						
6.30am				<b>BODYPUMP</b> Ryan 55	<b>RPM</b> Virtual class		
7.00am				<b>THE TRIP</b> Virtual class			
7.30am				<b>BODYBALANCE</b> Ryan			
8.00am							<b>THE TRIP</b> Virtual class
9.00am						<b>sprint</b> Nat	<b>GRIT</b> Series MDS
9.30am	<b>sprint</b> Nat			<b>THE TRIP</b> Virtual class		<b>BODYCOMBAT</b> Jane 55	
11.30am		<b>sprint</b> Virtual class					
12.00pm						<b>YOGA</b> FUSION Paul	
12.30pm	<b>THE TRIP</b> Virtual class			<b>GRIT</b> Series Natalie	<b>BOOT CAMP</b> Natalie		
12.30pm					<b>sprint</b> Virtual class		
1.10pm				<b>RPM</b> Virtual class	<b>CORE</b> MDS		
1.10pm							
4.00pm	<b>BODYPUMP</b> Noura 45	<b>GRIT</b> Series Karola				<b>BODYPUMP</b> Ricki 55	
4.30pm							<b>THE TRIP</b> Virtual class
5.00pm				<b>RPM</b> Ricki	<b>BODYPUMP</b> Linda 55	<b>RPM</b> Ricki	
5.10pm							
5.15pm							
5.00pm							
5.30/45pm							
6.00pm				<b>BODYPUMP</b> Ricki 55	<b>YOGA</b> FUSION Paul		
6.00pm					<b>THE TRIP</b> Virtual class		
6.30pm				<b>THE TRIP</b> Virtual class			