

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			PILATES Sonia 55	BODYBALANCE Ryan 55	PILATES Sonia 55		
9.00am	SENIOR Circuit Nat 55			FUNCTIONAL STRENGTH Sarah 55			GRIT Series Michael DS 55
9.30am						BODYCOMBAT Jane 55	
10.00am	SENIOR Nat 55						NEW CLASS COMING SOON
10.30am							
10.45am							
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 RETURNS FEB 45	BODYPUMP Niki 45		CORE Michael DS 30		
4.00pm						BODYPUMP Chris 55	
4.30pm	CORE Linda 30	BODYPUMP Rhinannan 55		CORE Jane 30	BODYATTACK Haley 45		
5.00pm			CORE Karola 30				BODYBALANCE Rebecca 55
5.10pm	BODYATTACK Haley 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 Haley 45			BODYCOMBAT Niki 45			
6.30pm					YOGA FUSION Paul 55		
6.35pm			BODYPUMP Linda 45				
6.45pm							
7.00pm				BODYPUMP Niki 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						

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



Group Fitness Timetable

Timetable effective as of Jan 6th – 12th

Bookings are essential visit: susf.com.au

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CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am			sprint Nat 30				
6.30am	RPM Jane 45				RPM Cecilia 45		
7.00am		THE TRIP		THE TRIP		THE TRIP	
8.00am							THE TRIP
9.00am						sprint Nat 30	
9.30am				THE TRIP			
10.00am						THE TRIP	RPM Rose 45
12.30pm	THE TRIP		THE TRIP				
1.10pm		RPM Jane 45		RPM Virtual class 45			
4.30pm		THE TRIP					THE TRIP
5.00pm						RPM Chris 45	
5.30pm				RPM Jane 45			
6.00pm					THE TRIP		
6.10pm	RPM Jane 45						
6.15pm			RPM Chris C 45			THE TRIP	
6.30pm				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 FEB 6 WITH NAT BOXING 30			
5.15pm							