

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		SENIOR Postural Cris 55	FUNCTIONAL STRENGTH Sarah 55	SENIOR STRETCH & BALANCE Cris/Kathy 55		BODYPUMP Laurie 55
9.30am						BODYCOMBAT Jane 55	
10.00am	SENIOR Nat 45						
10.30am					THE WORKS Taj 55		
10.45am						PILATES Maëva 55	
11.00am							
12.00pm						YOGA Paul 55	
12.15pm							
12.30pm	UNLEASH Conditioning Nat 30	CORE Joss 30		GRIT Strength Nat 30			
1.10pm	BODYPUMP Noura 45	BODYBALANCE Kelly 45		HIT BOXING 30 (in the boxing gym)	CORE TBC 30		
4.00pm						BODYPUMP Nicola 55	
4.30pm	CORE Sophie 30	BODYPUMP Rhiannan 55	FUNCTIONAL STRENGTH Nat 30	CORE Sophie 30	BODYATTACK Sophie 45		
5.00pm							BODYBALANCE Rebecca 55
5.10pm	BODYATTACK Sophie 45		LES MILLS Shapes Karola 30	BODYBALANCE Adro 45			
5.15pm							
5.30pm		GRIT Series Karola 30			BODYPUMP Linda 55		
5.45pm			BODYATTACK Karola 45				
6.00pm		LES MILLS Shapes Rose 45		BODYCOMBAT Mel Q 45			
6.10pm	BODYPUMP Chris 45						
6.30pm					YOGA FUSION Paul 55		
6.35pm			BODYPUMP Linda 45				
6.45pm		Hath Flow Yoga Chrissy 55		GRIT Michael DS 30			
7.00pm							
7.05pm	BODYCOMBAT Igor 45						

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.30pm						AQUA Anne 45	
12.00pm			AQUA Anita 50				
12.10pm	AQUA Trish 50						



Group Fitness Timetable

Timetable effective as of July 1st

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 Sam 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	RPM Aram 45	LES MILLS THE TRIP		sprint Virtual class 30		
1.10pm				RPM Virtual class 45			
4.30pm		LES MILLS THE TRIP					LES MILLS THE TRIP
5.00pm						RPM ! Cecilia 45	
5.30pm	sprint Rose 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 HIIT Nat 30		
5.30pm			UNLEASH Lower body & core Nat 30				

BOXING GYM

	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				Nat HIT BOXING 30			
5.15pm	Aram HIT BOXING 45						

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