

MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE

Group Fitness Timetable – Commencing 9th September 2024

POOLSIDE STUDIO | 45-minute classes | Towel required | BYO mat

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15AM			LES MILLS BODYPUMP Valerie				
8AM						LES MILLS Shapes Yuko	
9AM						LES MILLS BODYCOMBAT Beth	
10AM						LES MILLS BODYPUMP Yuko	Pilates Alicia Yoga Vinitha
11AM		Fit4Life Duane			Fit4Life Duane		
12PM	ZUMBA Tania	LES MILLS BODYPUMP Haley	LES MILLS CORE Alex LES MILLS BODYATTACK Haley	LES MILLS BODYPUMP Alex	LES MILLS BODYBALANCE Beth		
12.30PM							
1PM	LES MILLS CORE Phil	LES MILLS BODYBALANCE Alex		LES MILLS BODYCOMBAT Beth			
3PM							LES MILLS BODYATTACK Millie LES MILLS BODYPUMP Anna
4PM							LES MILLS BODYATTACK Millie LES MILLS BODYPUMP Anna
4.30PM	LES MILLS BODYPUMP Beth	LES MILLS Shapes Jess	ZUMBA Jeison		LES MILLS BODYATTACK Haley/Millie	ZUMBA 5PM - Neda	LES MILLS CORE 5PM Anna
5.30PM	LES MILLS Shapes Anna	LES MILLS BODYCOMBAT Alex	LES MILLS BODYSTEP Alex	LES MILLS BODYPUMP Susan	LES MILLS BODYPUMP Alex		ZUMBA 6PM - Anna
6.30PM	LES MILLS BODYATTACK Anna	LES MILLS BODYPUMP Alex	LES MILLS BODYPUMP Anna	LES MILLS BODYATTACK Anna	LES MILLS BODYCOMBAT Alex		
7.30PM	LES MILLS BODYPUMP Olivia	ZUMBA Anna	LES MILLS Shapes Anna	LES MILLS CORE Anna	ZUMBA Neda		
8.30PM				ZUMBA Anna			

AQUA INDOOR 25M POOL | **OUTDOOR 50M POOL | 45-minute classes

	MON	TUE	WED	THU	FRI	SAT	SUN
12.15PM	AQUA Neda	AQUA Pete	AQUA Neda	AQUA Tilly	AQUA Pete		
1:15PM					AQUA Pete		
4.30PM							

CYCLE STUDIO | 45-minute class | Towel required

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15AM				LES MILLS RPM Shikha			
7AM					LES MILLS RPM Shikha		
9AM						CYCLE Yuko	LES MILLS RPM Alicia
5.30PM			LES MILLS RPM Jess				
6.30PM	LES MILLS RPM Shikha	LES MILLS RPM Jess					

COURTYARD STUDIO | 45 minute classes

	MON	TUE	WED	THU	FRI	SAT	SUN
11.00AM				Fit4Life Tilly			
5:30PM	SUPER BOX Jess LES MILLS BODYSTEP Alex			Salsa Tania			
6:30PM		Salsa Tania	SUPER BOX Jess				

LIFESTYLE STUDIO | 45-minute class | Towel required | BYO mat

	MON	TUE	WED	THU	FRI	SAT	SUN
10AM						LES MILLS BODYBALANCE Beth	
12PM	Pilates Carol		Yoga Carol				
5.15PM			Yoga Carrie			LES MILLS BODYBALANCE 5PM - Anna	
5.30PM	Yoga Beth	Pilates Jess		Pilates Carol			
6.30PM	Pilates Beth	LES MILLS BODYBALANCE Phil	LES MILLS BODYBALANCE Alex	Yoga Carol	Yoga Vini		
7.30PM	LES MILLS BODYBALANCE Anna	Yoga Phil	Pilates Jess	LES MILLS BODYBALANCE Ella			