

# MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE

## Group Fitness Timetable – Commencing 4<sup>th</sup> March 2024

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

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

### CYCLE STUDIO | 45-minute class | Towel required

	MON	TUE	WED	THU	FRI	SAT	SUN
7AM		LES MILLS <b>RPM</b> Brittany			LES MILLS <b>RPM</b> Shikha		
9AM						CYCLE Yuko	LES MILLS <b>RPM</b> Alicia
5.30PM			LES MILLS <b>RPM</b> Jess				
6.30PM	LES MILLS <b>RPM</b> Shikha	LES MILLS <b>RPM</b> Jess					

### COURTYARD STUDIO | 45 minute classes

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

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

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

### 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 Tillv	AQUA Pete		
1:15PM		AQUA Pete			AQUA Pete		
4.30PM						AQUA Pete	