### MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE
#### Group Fitness Timetable – Commencing Monday 7th February 2022

##### POOLSIDE STUDIO | 45 minute classes | Towel required | BYO mat mind/body + core

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##### AQUA INDOOR POOL | **DEEP WATER OUTDOOR 50M POOL | 45 minute classes

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

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

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### COURTYARD STUDIO | 45 minute classes | Towel required

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mqgroupfitness