

Group Fitness - City Campus Timetable Semester 1

	Monday		Tuesday		Wednesday		Thursday	
7.00								
7.15								
7.30								
7.45	BodyPump		FitStrong Circuit		Boxing		FitStrong	
8.00		Yoga		Mat Pilates		Yoga		Mat Pilates
8.15								
8.30								
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12.00								
12.15								
12.30		Mat Pilates		Yoga		Mat Pilates		Yoga
12.45								
13.00	Zumba		BodyPump		Zumba		BodyPump	
13.15								
13.30								

■ Active Classes (Bld 08.03.28) ■ Wellness Classes (Bld 011.03.1 - Old Chapel)