

# GROUP FITNESS TIMETABLE

## Summer: 1st-7th December



Flinders  
University

# SPORT & FITNESS

	MON 1/12	TUES 2/12	WED 3/12	THURS 4/12	FRI 5/12	SAT 6/12	SUN 7/12
6.45am	CYCLE 45 (Mezz)		CYCLE 45 (Mezz)				
7.45am	Mat Pilates 45 (GF)				Mat Pilates 45 (GF)	8:00am Body Pump 50 (GF)	
12.10pm						9:00am Vinyasa Flow 60 (GF)	
12.10pm	Mat Pilates 45 (GF)	Body Pump 45 (GF)	Les Mills Core 45 (GF)	Yoga 45 (GF)	Body Pump 30 (GF)		11:00am Yoga 60 (GF)
12.15pm	HIIT 30 (Level 2)		HIIT 30 (Level 2)				
12.45pm					Les Mills Core 30 (GF)		
1:00pm		Yoga 45 (GF)		Women & Weights 45 (Level 2)			
4:45pm			CYCLE Xpress 30 (Mezz)				
5.00pm				HIIT 30 (Level 2)			
5.15pm	Body Attack 60 (GF)		Body Attack 45 (GF)	Body Pump 60 (GF)			
5.15pm		Fit Forever 45 (Level 2)		Fit Forever 45 (Level 2)			
5.30pm	Women & Weights 45 (Level 2)		Women & Weights 45 (Level 2)	Punch Pad 30 (Level 2)	Yoga 45 (GF)		
6:00pm			Body Pump 60 (GF)				
6.15pm	Body Pump 45 (GF)	Mat Pilates 45 (GF)		Yoga 50 (GF)			
6:30pm					Zumba 45 (GF)		
7.00pm			Zumba 45 (GF)				

**BUNKER**  
STRENGTH & CONDITIONING

STRENGTH,  
CONDITIONING AND  
HYBRID 60 MIN GROUP  
CLASSES

6:30AM MON-FRI

5:30PM MON-THURS

\*AVAILABLE ON  
SILVER/GOLD  
MEMBERSHIPS ONLY

BOOK CLASSES ONLINE



# GROUP FITNESS TIMETABLE

## Summer: 8th-14th December



Flinders  
University

# SPORT & FITNESS

	MON 8/12	TUES 9/12	WED 10/12	THURS 11/12	FRI 12/12	SAT 13/12	SUN 14/12
6.45am	CYCLE 45 (Mezz)		CYCLE 45 (Mezz)				
7.45am	Mat Pilates 45 (GF)				Mat Pilates 45 (GF)	8:00am Body Pump 50 (GF)	
12.10pm						9:00am Vinyasa Flow 60 (GF)	
12.10pm	Mat Pilates 45 (GF)	Body Pump 45 (GF)	Les Mills Core 45 (GF)	Yoga 45 (GF)	Body Pump 30 (GF)		11:00am Yoga 60 (GF)
12.15pm	HIIT 30 (Level 2)		HIIT 30 (Level 2)				
12.45pm					Les Mills Core 30 (GF)		
1:00pm		Yoga 45 (GF)		Women & Weights 45 (Level 2)			
4:45pm			CYCLE Xpress 30 (Mezz)				
5.00pm				HIIT 30 (Level 2)			
5.15pm	Body Attack 60 (GF)		Body Attack 45 (GF)	Body Pump 60 (GF)			
5.15pm		Fit Forever 45 (Level 2)		Fit Forever 45 (Level 2)			
5.30pm	Women & Weights 45 (Level 2)		Women & Weights 45 (Level 2)	Punch Pad 30 (Level 2)	Yoga 45 (GF)		
6:00pm			Body Pump 60 (GF)				
6.15pm	Body Pump 45 (GF)	Mat Pilates 45 (GF)		Yoga 50 (GF)			
6:30pm					Zumba 45 (GF)		
7.00pm			Zumba 45 (GF)				

**BUNKER**  
STRENGTH & CONDITIONING

STRENGTH,  
CONDITIONING AND  
HYBRID 60 MIN GROUP  
CLASSES

6:30AM MON-FRI

5:30PM MON-THURS

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SILVER/GOLD  
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# GROUP FITNESS TIMETABLE

## Christmas: 15th - 21st December



**SPORT & FITNESS**

	MON 15/12	TUES 16/12	WED 17/12	THUR 18/12	FRI 19/12	SAT 20/12	SUN 21/12
6.45am	CYCLE 45 (Mezz)		CYCLE 45 (Mezz)				
7.45am	Mat Pilates 45 (GF)				Mat Pilates 45 (GF)	8:00am Body Pump 50 (GF)	
12.10pm						9:00am Vinyasa Flow 60 (GF)	
12.10pm	Mat Pilates 45 (GF)	Body Pump 45 (GF)	Les Mills Core 45 (GF)	Yoga 45 (GF)	Body Pump 30 (GF)		11:00am Yoga 60 (GF)
12.15pm	HIIT 30 (Level 2)		HIIT 30 (Level 2)				
12.45pm					Les Mills Core 30 (GF)		
1:00pm		Yoga 45 (GF)		Women & Weights 45 (Level 2)			
4:45pm			CYCLE Xpress 30 (Mezz)				
5.00pm				HIIT 30 (Level 2)			
5.15pm	Body Attack 60 (GF)		Body Attack 45 (GF)	Body Pump 60 (GF)			
5.15pm		Fit Forever 45 (Level 2)		Fit Forever 45 (Level 2)			
5.30pm	Women & Weights 45 (Level 2)		Women & Weights 45 (Level 2)	Punch Pad 30 (Level 2)	Yoga 45 (GF)		
6:00pm			Body Pump 60 (GF)				
6.15pm							
6.15pm	Body Pump 45 (GF)	Mat Pilates 45 (GF)		Yoga 50 (GF)			
6:30pm							
7.00pm			Zumba 45 (GF)				

**BUNKER**  
STRENGTH & CONDITIONING

STRENGTH, CONDITIONING  
AND HYBRID 60 MIN  
GROUP CLASSES

6:30AM MON-FRI

5:30PM MON-THURS

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SILVER/GOLD  
MEMBERSHIPS ONLY

BOOK CLASSES ONLINE



GF = Group Fitness studio | Mezz = Mezzanine level | Level 2 = Cardio or Women's gym |  
| 30\*45\*60 = Duration of class in minutes |

# GROUP FITNESS TIMETABLE

## Christmas: 22nd - 28th December



**SPORT & FITNESS**

	MON 22/12	TUES 23/12	WED 24/12	THUR 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6.45am	CYCLE 45 (Mezz)		CYCLE 45 (Mezz)				
7.45am	Mat Pilates 45 (GF)						
12.10pm							
12.10pm	Mat Pilates 45 (GF)	Body Pump 45 (GF)	Les Mills Core 45 (GF)				
12.15pm	HIIT 30 (Level 2)						
12.45pm							
1:00pm		Yoga 45 (GF)					
4:45pm							
5.00pm							
5.15pm	Body Attack 60 (GF)						
5.15pm		Fit Forever 45 (Level 2)					
5.30pm	Women & Weights 45 (Level 2)						
6:00pm							
6.15pm	Body Pump 45 (GF)						
6.15pm		Mat Pilates 45 (GF)					
6:30pm							
7.00pm							

**BUNKER**  
STRENGTH & CONDITIONING

STRENGTH, CONDITIONING  
AND HYBRID 60 MIN  
GROUP CLASSES

6:30AM MON, TUES + WED

5:30PM MON + TUES

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SILVER/GOLD  
MEMBERSHIPS ONLY

BOOK CLASSES ONLINE



GF = Group Fitness studio | Mezz = Mezzanine level | Level 2 = Cardio or Women's gym |  
| 30\*45\*60 = Duration of class in minutes |

	MON 29/12	TUES 30/12	WED 31/12	THUR 1/1	FRI 2/1	SAT 3/1	SUN 4/1
6.45am							
7.45am					Mat Pilates 45 (GF)	8:00am Body Pump 50 (GF)	
12.10pm						9:00am Vinyasa Flow 60 (GF)	
12.10pm		Body Pump 45 (GF)	Les Mills Core 45 (GF)				11:00am Yoga 60 (GF)
12.15pm							
12.45pm							
1:00pm		Yoga 45 (GF)					
4:45pm							
5.00pm							
5.15pm							
5.15pm		Fit Forever 45 (Level 2)					
5.30pm							
6:00pm							
6.15pm							
6.15pm		Mat Pilates 45 (GF)					
6:30pm							
7.00pm							

**BUNKER**  
STRENGTH & CONDITIONING

STRENGTH,  
CONDITIONING AND  
HYBRID 60 MIN GROUP  
CLASSES

CLOSED 29/12-4/1





# GROUP FITNESS TIMETABLE

## Summer: 5th-11th January



**SPORT & FITNESS**

	MON 5/1	TUES 6/1	WED 7/1	THURS 8/1	FRI 9/1	SAT 10/1	SUN 11/1
6.45am							
7.45am	Mat Pilates 45 (GF)				Mat Pilates 45 (GF)	8:00am Body Pump 50 (GF)	
12.10pm						9:00am Vinyasa Flow 60 (GF)	
12.10pm	Mat Pilates 45 (GF)	Body Pump 45 (GF)	Les Mills Core 45 (GF)	Yoga 45 (GF)	Body Pump 30 (GF)		11:00am Yoga 60 (GF)
12.15pm	HIIT 30 (Level 2)		HIIT 30 (Level 2)				
12.45pm					Les Mills Core 30 (GF)		
1:00pm		Yoga 45 (GF)		Women & Weights 45 (Level 2)			
4:45pm							
5.00pm				HIIT 30 (Level 2)			
5.15pm	Body Attack 60 (GF)		Body Attack 45 (GF)	Body Pump 60 (GF)			
5.15pm		Fit Forever 45 (Level 2)		Fit Forever 45 (Level 2)			
5.30pm	Women & Weights 45 (Level 2)		Women & Weights 45 (Level 2)	Punch Pad 30 (Level 2)	Yoga 45 (GF)		
6:00pm			Body Pump 60 (GF)				
6.15pm							
6.15pm	Body Pump 45 (GF)	Mat Pilates 45 (GF)		Yoga 50 (GF)			
6:30pm					Zumba 45 (GF)		
7.00pm			Zumba 45 (GF)				

**BUNKER**  
STRENGTH & CONDITIONING

STRENGTH,  
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HYBRID 60 MIN GROUP  
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6:30AM MON-FRI

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