## GROUP FITNESS TIMETABLE
### MONDAY 23 JULY TO SUNDAY 28 OCTOBER 2018

**BOOK YOUR CLASS ONLINE AT SPORT.UNIMELB.EDU.AU/GROUPFITNESS**  
**PHONE:** 03 8344 5405

### MONDAY
- **7:20 AM**  
  - **BOOTFIT™**  
    - WILLIAM
  - **10:00 AM**  
    - **BODYPUMP®**  
      - KARAN
    - **BODYFIT MATIAS**
  - **12:05 PM**  
    - **BODYSTEP®**  
      - STEPHANIE
    - **BODYATTACK®**  
      - JESSICA
    - **ZUMBA®**  
      - CARMEN
    - **BODYPUMP®**  
      - LILY
  - **1:10 PM**  
    - **GRIT™**  
      - KABLE
    - **CARDIO BOX FILOMENA**
    - **BODYSTEP JESSICA**
    - **BODYPUMP®**  
      - JEANETTE
    - **COREPOWER®**  
      - LILY
  - **3:00 PM**  
    - **BODYPUMP®**  
      - KEREN
    - **BODYATTACK®**  
      - SANDHYA
  - **3:30 PM**  
    - **BODYPUMP®**  
      - NOVA
  - **4:30 PM**  
    - **BODYSTEP®**  
      - JESSICA
    - **BODYPUMP®**  
      - PETER
    - **STONG BY ZUMBA®**  
      - NIDRA
  - **5:20 PM**  
    - **BODYPUMP®**  
      - JOHN
    - **BODYPUMP®**  
      - KEIT
    - **BODYATTACK®**  
      - RACHEL
    - **BODYPUMP®**  
      - JANET
  - **6:25 PM**  
    - **BODYATTACK®**  
      - PETER
    - **ZUMBA®**  
      - MICHELLE
    - **BODYPUMP®**  
      - STEPHEN
    - **BODYATTACK®**  
      - MANUEL
    - **ZUMBA®**  
      - CARMEN

### TUESDAY
- **7:20 AM**  
  - **PILATES**  
    - GENIUS
  - **10:00 AM**  
    - **BODYPUMP®**  
      - JOANNA/VICKY
  - **11:15 AM**  
    - **YOGA 1 & 2**  
      - GENIUS
    - **YOGA 2**  
      - GENIUS
  - **12:05 PM**  
    - **BODYATTACK®**  
      - KAT
    - **BODYPUMP®**  
      - FILOMENA
    - **BODYATTACK®**  
      - KAT
    - **BODYATTACK®**  
      - JANET
  - **1:10 PM**  
    - **YOGA 1 & 2**  
      - GENIUS
    - **BODYATTACK®**  
      - ROBERT
    - **BODYATTACK®**  
      - SANDHYA
  - **4:30 PM**  
    - **BODYPUMP®**  
      - JOHN
    - **BODYPUMP®**  
      - KEIT
    - **BODYATTACK®**  
      - RACHEL
    - **BODYATTACK®**  
      - RACHEL
  - **5:00 PM**  
    - **BODYATTACK®**  
      - JOHN
    - **BODYATTACK®**  
      - VICKY
    - **BODYATTACK®**  
      - JANET

### WEDNESDAY
- **7:20 AM**  
  - **PILATES**  
    - GENIUS
  - **10:00 AM**  
    - **BODYATTACK®**  
      - JOANNA
    - **BODYATTACK®**  
      - JOHN
  - **12:05 PM**  
    - **BODYATTACK®**  
      - KAT
    - **BODYATTACK®**  
      - JOHN
    - **BODYATTACK®**  
      - KAT
    - **BODYATTACK®**  
      - SANDHYA
  - **1:10 PM**  
    - **YOGA 1 & 2**  
      - GENIUS
    - **BODYATTACK®**  
      - ROBERT
    - **BODYATTACK®**  
      - SANDHYA
  - **4:30 PM**  
    - **BODYPUMP®**  
      - JOHN
    - **BODYPUMP®**  
      - KEIT
    - **BODYATTACK®**  
      - RACHEL
    - **BODYATTACK®**  
      - RACHEL
  - **5:00 PM**  
    - **BODYATTACK®**  
      - JOHN
    - **BODYATTACK®**  
      - VICKY
    - **BODYATTACK®**  
      - JANET

### THURSDAY
- **7:20 AM**  
  - **PILATES**  
    - GENIUS
  - **10:00 AM**  
    - **BODYATTACK®**  
      - JOANNA
    - **BODYATTACK®**  
      - JOHN
  - **12:05 PM**  
    - **BODYATTACK®**  
      - KAT
    - **BODYATTACK®**  
      - JOHN
    - **BODYATTACK®**  
      - KAT
    - **BODYATTACK®**  
      - SANDHYA
  - **1:10 PM**  
    - **YOGA 1 & 2**  
      - GENIUS
    - **BODYATTACK®**  
      - ROBERT
    - **BODYATTACK®**  
      - SANDHYA
  - **4:30 PM**  
    - **BODYPUMP®**  
      - JOHN
    - **BODYPUMP®**  
      - KEIT
    - **BODYATTACK®**  
      - RACHEL
    - **BODYATTACK®**  
      - RACHEL
  - **5:00 PM**  
    - **BODYATTACK®**  
      - JOHN
    - **BODYATTACK®**  
      - VICKY
    - **BODYATTACK®**  
      - JANET

### FRIDAY
- **7:20 AM**  
  - **RPM™**  
    - KARAN
  - **10:00 AM**  
    - **SPRINT™**  
      - MO
  - **11:15 AM**  
    - **SPRINT™**  
      - ELSA
  - **12:05 PM**  
    - **SPRINT™**  
      - MO
  - **1:10 PM**  
    - **SPRINT™**  
      - MO
  - **4:30 PM**  
    - **SPRINT™**  
      - MO
  - **5:00 PM**  
    - **RPM™**  
      - KARAN
    - **RPM™**  
      - MO
    - **SPRINT™**  
      - MO
  - **5:45 PM**  
    - **SPRINT™**  
      - KEREN

### SATURDAY
- **7:20 AM**  
  - **RPM™**  
    - KARAN
  - **10:00 AM**  
    - **SPRINT™**  
      - MO
  - **11:15 AM**  
    - **SPRINT™**  
      - ELSA
  - **12:05 PM**  
    - **SPRINT™**  
      - MO
  - **1:10 PM**  
    - **SPRINT™**  
      - MO
  - **4:30 PM**  
    - **SPRINT™**  
      - MO
  - **5:00 PM**  
    - **RPM™**  
      - KARAN
    - **RPM™**  
      - MO
    - **SPRINT™**  
      - MO
  - **5:45 PM**  
    - **SPRINT™**  
      - KEREN

### SUNDAY
- **7:20 AM**  
  - **RPM™**  
    - KARAN
  - **10:00 AM**  
    - **SPRINT™**  
      - MO
  - **11:15 AM**  
    - **SPRINT™**  
      - ELSA
  - **12:05 PM**  
    - **SPRINT™**  
      - MO
  - **1:10 PM**  
    - **SPRINT™**  
      - MO
  - **4:30 PM**  
    - **SPRINT™**  
      - MO
  - **5:00 PM**  
    - **RPM™**  
      - KARAN
    - **RPM™**  
      - MO
    - **SPRINT™**  
      - MO
  - **5:45 PM**  
    - **SPRINT™**  
      - KEREN

### TIN ALLEY, PARKVILLE
- **MON - THURS:** 7:00AM - 10:30PM
- **FRI:** 7:00AM - 9:00PM
- **SAT AND SUN:** 9:00AM - 5:30PM

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**BOOK YOUR CLASS ONLINE AT SPORT.UNIMELB.EDU.AU/GROUPFITNESS**  
**PHONE:** 03 8344 5405
**Mon, Wed, Fri**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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**Sat**

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**Sun**

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**Group Fitness Studio Holiday Timetable**

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**Injuries and Medical Conditions**

If you have any medical conditions, please seek medical clearance from your doctor prior to participating in any class. Please inform the instructor of any medical concerns prior to class commencing.

**Class Etiquette**

- You are required to bring your own towel to all Group Fitness classes.
- Please wear appropriate clothing and footwear.
- Follow the instructor’s directions in regards to technique and safety cues.

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**Class Cancellation and Reduced Hours**

If the forecast maximum temperature exceeds 35 degrees, some Group Fitness classes may be cancelled for health and safety reasons. Contact the Sports Centre reception on 03 8344 5405 after 9am to confirm what classes are running on the day. Please check our website for reduced hours and classes running on University Public Holidays.

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**Booking System**

Book your Group Fitness Classes at sport.unimelb.edu.au/groupfitness

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**Class Information**

**BODYATTACK** is the sports-inspired cardio workout for building strength and stamina. This high energy, interval training class combines athletic aerobic movements with strength and stabilisation exercises.

**BODYBALANCE** is a dynamic, fitness-to-music program that leaves you feeling reinvigorated and refreshed. It combines the best of eastern disciplines such as Yoga, Tai Chi and Pilates.

**BODYBALANCE** is a pre-choreographed class that concentrates on simple moves with combinations put together with inspiring music.

**BODYBUILDING** is a 30-minute interval based class that uses adjustable, weight-loaded barbells to motivate you.

**BODYSTEP** is a pre-choreographed class that concentrates on simple moves with combinations put together with inspiring music.

**BODYWORX** is a functional strength and conditioning class that is suitable for all fitness levels, participants must be proficient in strength training, all while working out to the rhythm of the music.

**BODYPUMP** is a 30 minute interval based class that will blast all major muscle groups and take your training to the next level.

**HARDCORE** is a challenging mobility class that is designed to help you get the most out of your gym session. The class incorporates the use of ab-rackers, body weight exercises, foam rollers, magic circles and thera-bands. Suitable for all fitness levels.

**SMALL GROUP TRAINING**

**SMALL GROUP TRAINING** is a 30 minute class following on strengthening both the abdominals and the core. A combination of various exercises challenge your stability and switch on the vital muscles associated with core activation.

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**Class Timetable**

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**Rotation**

Improve your rowing technique and efficiency while working 95% of the muscles in your body! This class utilizes the C2 Rower to build your strength and fitness levels. This class uses a mixture of TRX, kettlebells, medicine balls, sprints, ropes, ergs and body weight based exercises. No two classes will be the same. Suitable for all fitness levels.

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**Note**

- Yoga and Pilates are not recommended during pregnancy.
- No students of the University of Melbourne on free classes are FREE for students of the University of Melbourne on presentation of their student cards. See timetable for schedule.
- **Free Class** is a variety of classes that are FREE for students of the University of Melbourne on presentation of their student cards. See timetable for schedule.

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**Key**

- **Express Class Runs for 30 Minutes**