

Group Fitness Timetable | Semester Two 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES	Boot Camp \mathbb{M} 7:00am - 8:00am	Weight Circuit \mathbb{M} 7:00am - 8:00am	Boot Camp \mathbb{M} 7:00am - 8:00am	Weight Circuit \mathbb{M} 7:00am - 8:00am	Boot Camp \mathbb{M} 7:00am - 8:00am
WINNING ON YOUR WELLBEING	HITT Circuit 12:00pm - 12:30pm Yoga 12:30pm - 1:30pm	Core 12:00pm - 12:30pm Yoga 12:30pm - 1:30pm	HITT Circuit 12:00pm - 12:30pm Yogalates 12:30pm - 1:30pm	Body Pump 12:00pm - 12:45pm Stretching & Mobility 12:45pm - 1:30pm	Core 12:00pm - 12:30pm Yogalates 12:30pm - 1:30pm
EVENING ENLIVENED	Boxing \mathbb{M} 4:00pm - 5:00pm Zumba 5:00pm - 6:00pm	Functional Fit \mathbb{M} 5:00pm - 6:00pm Body Pump 6:00pm - 7:00pm	Boxing \mathbb{M} 4:00pm - 5:00pm Zumba 5:00pm - 6:00pm Body Pump 6:30pm - 7:30pm	Functional Fit \mathbb{M} 5:00pm - 6:00pm Yoga 6:00pm - 7:00pm	Boxing \mathbb{M} 4:00pm - 5:00pm

\mathbb{M} = Murdoch Moves

Murdoch Moves classes are free to all staff, students & alumni, \$10 per session for public non-members.

#GETMURDOCHACTIVE

Active.Gym



All paying Members of the Murdoch Active Gym have complimentary access

to all group fitness classes as part of their membership fees.

Memberships to the Murdoch Active Gym are available via

<https://linktr.ee/murdochactive>

9360 2318

Building 415



<https://www.murdoch.edu.au/murdoch-active>



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