




# Group Fitness Timetable | 25th Nov-13th Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GOOD MORNING MUSCLES</b>	<b>Weight Circuit</b>  7:00am - 8:00am	<b>Boot Camp</b>  7:00am - 8:00am	<b>Rise &amp; Grind</b>  7:00am - 8:00am		
<b>WINNING ON YOUR WELLBEING</b>	<b>Yoga</b> 12:30pm - 1:30pm	<b>Yoga</b> 12:30pm - 1:30pm	<b>Yogalates</b> 12:30pm - 1:30pm	<b>Stretch &amp; Mobility</b> 12:45pm - 1:30pm	<b>Yogalates</b> 12:30pm - 1:30pm
<b>EVENING ENLIVENED</b>	<b>Zumba</b> 5:00pm - 6:00pm	<b>Body Pump</b> 6:00pm - 7:00pm	<b>Boxing</b> 4:00pm - 5:00pm <b>Zumba</b> 5:00pm - 6:00pm <b>Body Pump</b> 6:30pm - 7:30pm	<b>Yoga</b> 6:00pm - 7:00pm	


 = Murdoch Moves

**#GETMURDOCHACTIVE**

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



**Active.Gym**

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