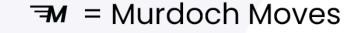
Group Fitness Timetable | Semester One 2024

WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY GOOD MORNING MUSCLES Boot Camp — Weight Circuit Boot Camp Weight Circuit — Weight Circuit 7:00am - 8:00am **Body Pump Body Pump Transform Transform** 12:00pm - 12:30pm 11:30am - 12:30pm 12:00pm - 12:30pm 11:30am - 12:30pm WINNING ON YOUR WELLBEING **Stretch & Mobility** Yoga Yoga **Yogalates Yogalates** 12:30pm - 1:30pm 12:30pm - 1:30pm 12:30pm - 1:30pm 12:45pm - 1:30pm 12:30pm - 1:30pm Boxing **M** Boxing **M** 4:00pm-5:00pm 4:00pm-5:00pm EVENING ENLIVENED Zumba Zumba Power Up Power Up 5:00pm - 6:00pm 5:00pm - 6:00pm 5:00pm - 6:00pm 5:00pm - 6:00pm **Body Pump Body Pump** Yoga 6:00pm - 7:00pm 6:00pm - 7:00pm 6:30pm - 7:30pm



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



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WHENT STUDENT SERVICES HERE

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



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





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