












Group Fitness Timetable | Semester One 2024

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

 = 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>

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