Group Fitness Timetable | Semester One 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES	Weight Circuit 🗐 7:00am - 8:00am	Boot Camp ⊐M 7:00am - 8:00am	Weight Circuit IM 7:00am - 8:00am	Boot Camp – 7:00am - 8:00am	Weight Circuit A 7:00am - 8:00am
WINNING ON YOUR WELLBEING	Transform 12:00pm - 12:30pm Yoga	Yoga	Body Pump 11:30am - 12:30pm Yogalates	Transform 12:00pm - 12:30pm Stretch & Mobility	Body Pump 11:30am - 12:30pm Yogalates
	12:30pm – 1:30pm	12:30pm – 1:30pm	12:30pm – 1:30pm	12:45pm - 1:30pm	12:30pm – 1:30pm
	Boxing → 4:00pm - 5:00pm		Boxing ╺ ─ 4:00pm- 5:00pm		Boxing A 4:00pm- 5:00pm
EVENING ENLIVENED	<mark>Zumba</mark> 5:00pm - 6:00pm	Power Up ╺ ─ M 5:00pm - 6:00pm	<mark>Zumba</mark> 5:00pm – 6:00pm	Power Up → 5:00pm - 6:00pm	
		<mark>Body Pump</mark> 6:00pm – 7:00pm	<mark>Body Pump</mark> 6:30pm – 7:30pm	<mark>Yoga</mark> 6:00pm – 7:00pm	

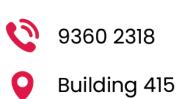
■ = Murdoch Moves

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



#GETMURDOCHACTIVE

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





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

active@murdoch.edu.au

SUPPORTED BY SUPPO