





Group Fitness Timetable | 12th Jan – 13th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES		Boot Camp  7:00am – 8:00am	Rise & Grind  7:15am – 8:00am One For All  8:15am – 9:00am		Stretch & Mobility 7:15am–8:00am (Lower Bush Court)
WINNING ON YOUR WELLBEING	Yoga 12:30pm – 1:30pm		Yogalates 12:30pm – 1:30pm	ABT 11:30pm – 12:30pm–	Yogalates 12:30pm – 1:30pm
EVENING ENLIVENED	Zumba 5:30pm – 6:30pm	Power Hour 5:00pm – 6:00pm	Boxing  4:30pm– 5:30pm Zumba 5:30pm – 6:30pm	Yoga 6:00pm – 7:00pm	




#GETMURDOCHACTIVE

All Members of the Murdoch Active Gym have complimentary access to all group fitness classes as part of their membership.

 = Murdoch Moves

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

Active.Gym

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