

# Group Fitness Timetable | Semester One 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES	<b>Weight Circuit</b>  7:00am – 8:00am	<b>Boot Camp</b>  7:00am – 8:00am	<b>Body Weight Strength</b> 6:15am – 7:00am  <b>Rise &amp; Grind</b>  7:15am – 8:00am  <b>One for All</b>  8:15am – 9:00am	<b>Boot Camp</b>  7:00am – 8:00am	<b>Stretch &amp; Mobility</b> 7:15am – 8:00am (on Lower Bush Court)
WINNING ON YOUR WELLBEING	<b>WOW</b> 11:30am – 12:30pm  <b>Yoga</b> 12:30pm – 1:30pm	<b>Body Weight Strength</b> 11:30am – 12:30pm  <b>Yoga</b> 12:30pm – 1:30pm	<b>Yogalates</b> 12:30pm – 1:30pm	<b>ABT</b> 11:30am – 12:30pm  <b>Stretch &amp; Mobility</b> 12:30pm – 1:15pm	<b>Yogalates</b> 12:30pm – 1:30pm
EVENING ENLIVENED	<b>Boxing</b>  4:30pm – 5:30pm  <b>Zumba</b> 5:30pm – 6:30pm  <b>Yogalates</b> 6:30pm – 7:30pm	<b>Lift for Life</b>  4:00pm – 5:00pm  <b>Power Hour</b> 5:00pm – 6:00pm	<b>Boxing</b>  4:30pm – 5:30pm  <b>Zumba</b> 5:30pm – 6:30pm	<b>Lift for Life</b>  4:00pm – 5:00pm  <b>Power Hour</b> 5:00pm – 6:00pm  <b>Yoga</b> 6:00pm – 7:00pm	



Scan me to see our membership options

 = Murdoch Moves
 

Free for Murdoch Students, Staff, and Alumni

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

# Group Fitness Timetable

## Class Information

**Murdoch Moves**

Murdoch Moves classes are free to all staff, students & alumni and \$10 per session for public non-members and are run by senior Exercise Science and Physiology Students.

### How to make the most of your first Group Fitness Class

Looking to join in on one of our group fitness classes and don't know how to start? Here is everything you need to know before your first class and some helpful tips.

Prior to your first class, we recommend you speak to our friendly reception staff 20-30min before you intend to participate to complete your sign-up process.

Each time you attend a class, you just need to tag-in with reception before the class starts. We recommend tagging-in at least 5min prior to the start of the class.

Those wishing to tag-in over 5 minutes late to a class will not be admitted entry.

#### What should I wear?

Wear comfortable clothes or active wear for physical activity.

#### Should I bring my own Yoga Mat?

You are more than welcome to bring your personal yoga mat to our classes. Otherwise, general fitness mats are available for use.

#### One for All

Welcome to **One for All**—a group fitness class built on the belief that movement is for everyone. No matter your age, background, fitness level, or experience, this class is designed to make you feel strong, supported, and celebrated. With adaptable exercises and a welcoming atmosphere, One for All is more than a workout—it's a community.

200-400 kcal

**Murdoch Moves**

#### Workout of the Week

This class blends 50% weight training with 50% cardio, to give you 100% focus on sculpting your muscles and improving your fitness in a fun, supportive environment.

400-550 kcal

#### Stretch and Mobility

Designed to help you unwind and refresh your body. Through a mix of yoga-inspired stretches, core strengthening and basic mobility exercises, you'll learn to activate stabilising muscles and improve your movement efficiency. It's all about releasing tension, increasing flexibility and leaving you feeling light and energised. Suitable for every fitness level!

450 kcal

#### Body Weight Strength

No weights, no machines—just you and your body in motion. **Bodyweight Strength** is a group fitness class that harnesses the power of gravity and your own resistance to build lean muscle, improve mobility, and boost endurance. Perfect for all fitness levels, this class proves that you don't need fancy gear to get seriously strong.

300-450 kcal

#### Yoga

Our Yoga classes flow through a combination of rhythmic and static postures, breathing techniques and meditation, all designed to promote wellness from the inside out. Join us on the mat to strengthen your body, boost your flexibility and support your mental wellbeing.

180-500 kcal

#### Yogalates

It's a dynamic group fitness class that blends the fluid stretches of yoga with the precision and power of Pilates. Designed for all fitness levels, this class harmonizes breath, balance, and body awareness to leave you feeling strong, centred, and energised.

180-500 kcal

#### Boxing

This dynamic boxing class designed for all levels of fitness and experience. Led by a passionate and experienced instructor, you'll dive into a full-body workout that centres around **pad training**—building technique, speed, and strength and leaving you feeling challenged, energised and inspired.

513 kcal

**Murdoch Moves**

#### Zumba

Dance your heart out with this groovy, high-energy workout! Latin dance party Zumba! It's an aerobic workout which combines various dance routines, including those from salsa, samba, mambo, cha cha and more, all to the sound of fabulous Latin music.

600 kcal

#### Lift for Life

If you've ever felt unsure about strength training, get ready to change that. Lift for Life is a supportive community workout where you'll learn how to move safely, lift confidently and progress at your pace. Whether you're a beginner or an experienced lifter, this class will support you to improve strength by showcasing exercise progression tailored to your ability, making you feel more stronger, confident and capable of your body's potential.

560 kcal

**Murdoch Moves**

#### Weight Circuit

Led by passionate 3rd-year Exercise & Sports Science students. This circuit-style workout is designed to help you build lean muscle, boost endurance and feel stronger in everyday life. With expert guidance guiding every step of the way, you'll move through functional strength exercises leaving you energised, accomplished and one step closer to your fitness goals.

243-414 kcal

**Murdoch Moves**

#### Boot Camp

Looking for a workout that pushes your limits and keeps things fresh? **BOOT CAMP** is your chance to break a sweat, build muscle and shake up your routine. Led by our driven and knowledgeable 3rd-year Exercise & Sports Science students - Come ready to work, learn, and grow.

547 kcal

**Murdoch Moves**

#### Rise & Grind

A high-energy group fitness class that blends deep core conditioning with dynamic stretching to awaken your body and sharpen your focus. This invigorating session is designed to build strength, improve mobility, and leave you feeling unstoppable.

500 kcal

**Murdoch Moves**