

Group Fitness Timetable | Semester Two 2025 +

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES	Weight Circuit  7:00am - 8:00am	Boot Camp  7:00am - 8:00am	Rise & Grind  7:00am - 8:00am One For All  8:00am - 9:00am	Boot Camp  7:00am - 8:00am	ABT 7:00am - 8:00am Stretch & Mobility 8:00am - 9:00am
WINNING ON YOUR WELLBEING	Power Up 11:30am - 12:30pm Yoga 12:30pm - 1:30pm	Yoga 12:30pm - 1:30pm	Yogalates 12:30pm - 1:30pm	Stretch & Mobility 11:45pm - 12:30pm ABT 12:30pm - 1:30pm	Yogalates 12:30pm - 1:30pm
EVENING ENLIVENED	Boxing 4:00pm - 5:00pm Zumba 5:00pm - 6:00pm	Learn 2 Lift  4:00pm - 5:00pm Power Up 5:00pm - 6:00pm Stretch & Mobility 6:00pm - 7:00pm	Boxing 4:00pm - 5:00pm Zumba 5:00pm - 6:00pm	Learn 2 Lift  4:00pm - 5:00pm Power Up 5:00pm - 6:00pm Yoga 6:00pm - 7:00pm	

 = 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.