

SPORTS CENTRE

TIN ALLEY, PARKVILLE
MON - THURS: 7:00AM - 10:30PM
FRI: 7:00AM - 9:00PM
SAT AND SUN: 9:00AM - 5:30PM

1 HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	BOOT FIT ALEXIS		BOOT FIT ALEXIS				
7:20 AM		BODYPUMP® KARAN			BODYPUMP® MARY		
9:30 AM						BODYPUMP® ANTOINETTE	
10:00 AM							BODYATTACK® NOVA
10:30 AM						BODYSTEP® ANTOINETTE	
12:05 PM	BODYPUMP® MANUEL	BODYSTEP® STEPHANIE	BODYATTACK® JESSICA	ZUMBA® CARMEN	BODYPUMP® MANUEL		
1:10 PM	FREE GRIT™ KABLE (30)	CARDIO BOX FILOMENA	BODYPUMP® JESSICA (30)	BODYPUMP® JEANETTE	COREPOWER® MANUEL (30)		
3:00 PM							CARDIO BOX OMID
3:30 PM						GRIT™ KEREN (30)	
4:00 PM						ZUMBA® KAI-TING	BODYPUMP® MANUEL
4:20 PM	BODYSTEP® JESSICA	BODYPUMP® MARY	COREPOWER® MANUEL (30)		BODYATTACK® JESSICA B		
5:00 PM			FREE BODYSTEP® ANGE (30)	GRIT™ KEREN (30)			
5:30 PM	BODYPUMP® KARAN (30)	BODYATTACK® MOLLIE	BODYPUMP® LIM	BODYATTACK® NOVA	BODYPUMP® JANET		
6:00 PM	BODYBALANCE® KARAN (30)						
6:30 PM	BODYATTACK® KARAN	ZUMBA® MICHELLE	CARDIO BOX STEPHEN	BODYPUMP® MANUEL	FREE ZUMBA® CARMEN		

LAZER ROOM

1 HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 AM			PILATES PAULINE				
10:00 AM						PILATES JOANNA/VICKY	
11:15 AM						YOGA 1 & 2 GENIUS	YOGA 2 GENIUS
12:05 PM	YOGA 1 GENIUS	PILATES FILOMENA	YOGA 1 & 2 GENIUS	PILATES GLENN	PILATES LILLY		
1:10 PM			BODYBALANCE® LILLY		YOGA 2 GENIUS		
4:20 PM				COREPOWER STRENGTH ANNABELLA	YIN YOGA 1 GENIUS		
5:25 PM	PILATES JOANNA	BODYBALANCE® MARY	YOGA 1 GENIUS	YOGA 1 & 2 GENIUS			
6:30 PM	YOGA 1 & 2 GENIUS/JOANNA	VINYASA YOGA GENIUS	PILATES VICKY	BODYBALANCE® JANET			

MINDBODY STUDIO

45 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 AM	RPM™ OLIVIA			RPM™ KARAN			
9:45 AM						RPM™ SEKAR	RPM™ OLIVIA
12:15 PM			RPM EXPRESS™ DEEPInder (30)				
1:10 PM					RPM™ MO		
4:15 PM						SPRINT™ KEREN (30)	
5:15 PM	RPM™ MO	SPRINT™ KEREN (30)	RPM™ KARAN	RPM™ KARAN/RACHEL	RPM™ TIM		
6:00 PM		FREE RPM™ DEEPInder		SPRINT™ KEREN (30)			

CYCLING

BEAUREPAIRE CENTRE

TIN ALLEY, PARKVILLE
 MON - THURS: 6:30AM - 10:30PM
 FRI: 6:30AM - 9:00PM
 SAT AND SUN: 9:00AM - 5:30PM

30 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	HARDCORE	X-TRAIN	HARDCORE	X-TRAIN	X-TRAIN		
10:00 AM						X-TRAIN	X-TRAIN
12:15 PM	X-TRAIN	X-TRAIN	X-TRAIN	X-TRAIN	X-TRAIN		
4:30 PM		X-TRAIN (BG)		FREE X-TRAIN (BG)		X-TRAIN	X-TRAIN
5:00 PM	X-TRAIN	X-TRAIN	X-TRAIN	HARDCORE			
5:30 PM	X-TRAIN	HARDCORE	X-TRAIN	X-TRAIN			
6:00 PM	X-TRAIN		X-TRAIN				

GYM FLOOR

LINCOLN SQUARE FITNESS

183 BOUVERIE STREET, CARLTON
 MON - FRI: 6:00AM - 8:00PM
 SAT AND SUN: CLOSED

50 MIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:20 AM		FREE YOGA LAURA	BODYPUMP® KEIT		PILATES SHONEL	CLOSED	
12:15 PM	ZUMBA® IOSMAIQUEL	PILATES SHONEL	COREPOWER STRENGTH ANNABELLA	RPM™ OLIVIA	BODYPUMP® NICK		
1:15 PM	YOGALATES GLENN	BODYPUMP® JESSICA	DANCE FIT ANNABELLA	PILATES GLENN	BODYBALANCE® LILLY		
4:45 PM	GRIT™ KEREN (30)		GRIT™ KABLE (30)				
5:25 PM	BODYPUMP® KEREN	PILATES JOANNA	BODYATTACK® NOVA	BODYPUMP® KARAN	ZUMBA® CARMEN		
6:30 PM	BODYATTACK® NOVA	BODYPUMP® KEREN	ZUMBA® MARLYSE				

GROUP FITNESS

CLASS INFORMATION

BOOKING SYSTEM Classes have limited spaces. Online bookings are available at sport.unimelb.edu.au/groupfitness. Otherwise class reservations can be made 30 minutes prior to start time at reception. Your Membership card or casual visit pass must be presented.

CLASS ENTRY Participants will not be permitted entry to a class five (5) minutes after the advertised starting times. Individual instructors may refuse entry at any time after the class has commenced. BodyPump, BodyStep, and Cycling classes are limited by equipment availability; once all equipment is allocated, the class is considered full.

INJURIES AND MEDICAL CONDITIONS If you have any physical or medical conditions that may be affected by exercise or are pregnant, please seek medical clearance from your doctor prior to participating in any class. Please inform the instructor of any medical concerns prior to class commencing.

CLASS ETIQUETTE You are required to bring your own sweat towel to all Group Fitness classes. Please wear appropriate clothing and footwear. At all times, follow the instructor's direction in regards to technique and safety cues.

HYDRATION We recommend that you bring a water bottle to each class. Water fountains are also available in all our group fitness studios.

CLASS CANCELLATIONS AND REDUCED HOURS If the forecast maximum temperature exceeds 35 degrees, some Group Fitness classes may be cancelled for health and safety reasons. Contact the Sports Centre reception on 03 8344 5405 after 9am to confirm what classes are running on the day. Please check our website for reduced hours and classes running on University Public Holidays.

BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high energy, interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODYBALANCE® is a dynamic, fitness-to-music program that leaves you feeling relaxed and renewed. It combines the best of eastern disciplines such as Yoga, Tai Chi and Pilates.

BODYPUMP® tones, builds and conditions lean muscle mass in all the major muscle groups, all achieved with the use of adjustable weight-loaded barbells to motivating music.

BODYSTEP® is a pre-choreographed class that concentrates on simple moves with combinations put together with inspiring music.

BOOT FIT helps you find a new level of personal achievement and reach your fitness goals. You will progressively improve your strength, fitness and flexibility whilst meeting new challenges. Boot Fit is not weather dependant and classes will run as scheduled.

CARDIO BOX is a boxing circuit style class that utilises boxing equipment and movements. This class requires no previous experience. Note: Cardio Box at Beaurepaire Gym is an outdoor class (weather dependant).

DANCE FIT A fun, high impact cardio dance class. That will make you sweat like Beyoncé! Simple routines that will make you feel like you are in a RnB video clip. Get ready to work it!

PILATES* is a unique form of simple, yet precise, body conditioning exercises, which focuses on strengthening and balancing the muscles of the body, focusing on core strength.

RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

SPRINT™ is a cycle workout built on the science of high-intensity interval training (HIIT). It's a quick and intense style of training that returns rapid results with minimal joint impact. In just 30-minutes, SPRINT™ will challenge participants physical and mental limits. They'll push through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. The payoff is the calorie burn for hours after stepping off the bike.

YIN YOGA 1* Slow-paced restorative yoga incorporating longer holds in supported poses, for a supple body and centered, calm mind. Suitable for beginners, no experience necessary.

YOGA 1* is an introductory/ beginner yoga class. No previous experience necessary.

YOGA 1 AND 2* is for starting beginners and students with some experience. These classes generate a understanding of yoga postures and breathing.

YOGA 2* is designed for participants who have had previous Yoga experience. Enhance your understanding of yoga and build on the foundations you already have.

YOGALATES* is a combination of Yoga and Pilates. **ZUMBA®** fuses hypnotic Latin rhythms and easy-to-follow moves to create a one of a kind fitness program that will blow you away

SMALLER GROUP TRAINING CLASSES

COREPOWER is a 30 minute class with its main focus on the strengthening of both abdominals and core. A combination of various exercise to challenge your stability and switch on the vital muscles associated with core activation.

GRIT™ is an intense, 30-minute team training session that will blast all major muscle groups and take your training to the next level.

HARDCORE is a challenging core strengthening and all over body mobility class that will support your strength training in the gym to give you the most out of your gym sessions. The class incorporates body weight exercises, using equipment such as the foam roller, thera-bands, ab roller and magic circles. Suitable for all fitness levels.

X-TRAIN is a high intensity, resistance based class that will build your strength and fitness levels. Using a mixture of TRX, kettlebells, medicine balls, bands, ropes, ergos and body weight based exercises, no two classes will be the same. Suitable for all fitness levels.

FREE CLASSES We offer a variety of classes that are FREE for students of the University of Melbourne on presentation of their student cards.

NOTE* Yoga and Pilates are not recommended during pregnancy.

KEY

(30) EXPRESS CLASS RUNS FOR 30 MINUTES

(BG) BEGINNERS CLASS