Winter has arrived, and what better way to beat off the cold than by getting active with MU Sport! This winter we have options galore for you to keep fit, from our specialised fitness programs, to our variety of group fitness classes, and our newly re-furbished squash courts just crying out to be played upon. Don’t hibernate over winter and let all your hard work slip. Drop into MU Sport today and let the good times roll!

PARTICIPATE IN MU SPORT FITNESS

NEW MOTORFIT TIMETABLE

Semester 1 may be over but MU Sport’s group fitness classes are still running to keep you busy over the winter break. Check out our current Winter Timetable to see when your favourite classes are running. Click here for details.

WINTER POOL HOURS

Our heated indoor swimming pool offers the perfect escape from those winter chills and ills. Whilst still available seven days a week, please note our temporary winter hours:

The MU Sport pool will be closed between 9:30am-11:30am until Friday July 19th inclusive.

The MU Sport pool will now close at 8:00pm Monday-Friday (Previously 9:00pm).

FITNESS PROGRAMS

MU Sport has your daily dose of adrenaline covered with our popular Boot camp and CrossFit programs.

Boot camp: Sign up for MU Sport’s June and July Boot Camp sessions to show those Winter mornings whose boss! Classes run Mondays, Wednesdays and Fridays at the Beaurepaire Centre. Sign up now and get started right away.

CrossFit: Come and be a part of the latest fitness craze sweeping the nation. CrossFit Merciless has come to MU Sport. Join in the fun, high intensity workout to find out what all the fuss is about.

JOIN US!

ONE FREE MONTH WITH EVERY NEW DIRECT DEBIT MEMBERSHIP

Don’t let the Winter Blues stop you from getting fit. If your friends or colleagues have been wondering how to start a fitness regime, or you have not worked out with us over the past six months, join MU Sport today! Sign up for one of our direct debit memberships, and we’ll shout you an extra month!

MEMBERS WHO SKI: POWDER YOUR NOSE ON THE SLOPES OF MT BULLER!

The Melbourne University Alpine Lodge is now open for bookings. Beds fill up quickly, so don’t delay! Check our website for up to date availability and take advantage of our members’ discounts rates and our ‘Stay 5 Pay 4’ offer! Book your snow trip today.

NOTICES

FACILITIES UPDATES

MU Sport hopes that members are enjoying our newly renovated squash courts, change rooms, and our new casual/permanent lockers in the Sport Centre. There is still minor maintenance to improve our facilities for members’ use throughout the quiet semester break period. These works include:

• Finishing touches to our newly renovated Sports Centre changerooms.
• Replacement of the access gates to the ‘Lazer Room’ and ‘Mind & Body Studio’ group fitness rooms.
• A new computerised touch-and-go entry system to replace our current swipe-card entry system.

Every effort will be made to minimise any impact of works on our members.

JOIN MU SPORT ONLINE

Connect with us
We value your feedback
Subscribe now

Download our apps

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