

SOUTH CAMPUS GROUP EXERCISE TIMETABLE

SEMESTER ONE 2018

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.00PM	CIRCUIT XP	BOX SKILLS	ABS XP	CIRCUIT XP	
12.30PM	STRETCH & ROLL XP		STRETCH & ROLL XP		
4.10PM		YOGA		BOX SKILLS	
5.10PM	CIRCUIT	ABS XP	CIRCUIT		

XP 'express' classes are 20 minutes in duration, all other classes are 50 minutes.