

NORTH CAMPUS GROUP EXERCISE TIMETABLE

SEMESTER TWO 2018

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00AM			YOGA		YOGA	10.00AM CIRCUIT
12.00PM	YOGA	PILATES	BARRE	PUMP	PILATES	
1.00PM				ABS XP	ZUMBA®	11.00AM STRETCH & ROLL XP
4.30PM	ZUMBA®	YOGA	BOX SKILLS	PILATES		
5.30PM	PUMP	BOX SKILLS	SPIN	STRONG		
6.30PM	YOGA	BARRE		ZUMBA®		

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