

MSAC GROUP FITNESS TIMETABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING CLASSES

6.15	BODYPUMP™	ASHTANGA BASED FLOW	BODYPUMP™	YOGA VINYASA	BODYPUMP™		
	CYCLE 45 mins	CYCLE 45 mins	PILATES MAT MOVES	CYCLE 45 mins	CYCLE 45 mins		
	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION			
	SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins		SMALL GROUP TRAINING 45 mins			
7.15	FORCE 30 mins				SMALL GROUP TRAINING 45 mins		
7.45	CORE FORCE 30 mins					ASHTANGA BASED FLOW 85 mins	
8.00						BODYPUMP™	
8.15						CYCLE 45 mins	
						PILATES REFORMER ADVANCED	
9.20	CYCLE 45 mins	CYCLE 45 mins	CYCLE 30 mins	CYCLE 45 mins	CYCLE 30 mins	CYCLE 45 mins	AEROBICS
	PILATES REFORMER INTRO	PILATES REFORMER FOUNDATION	PILATES REFORMER ADVANCED	PILATES REFORMER ADVANCED	PILATES REFORMER ADVANCED	PILATES REFORMER FOUNDATION	PILATES REFORMER ADVANCED
	BOXING		SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins	PILATES MAT MOVES	
	YOGA VINYASA	YOGA VINYASA	HOT YOGA		RESTORE YOGA	HOT YOGA	HOT YOGA
	TRX	BODYPUMP™	TRX			BODYPUMP™	
9.50					RUN 30 mins		
10.05			ABS 30 mins				
10.20	RUN 30 mins						
10.35	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER INTRO	PILATES REFORMER ADVANCED	PILATES REFORMER FOUNDATION
	HOT YOGA	HOT YOGA	HOT YOGA	RESTORE YOGA	HOT YOGA	YOGA VINYASA	CYCLE
	CORE & STRETCH	CORE & STRETCH	SMALL GROUP TRAINING 45 mins		PILATES MAT MOVES	SMALL GROUP TRAINING 45 mins	SMALL GROUP TRAINING 45 mins
		ZUMBA	ASHTANGA BASED FLOW 85 mins		ZUMBA	HIIT Dance	
		CYCLE					

LUNCH-TIME CLASSES

12.00	WYSER 50+	WYSER MAT MOVES	WYSER 50+	WYSER MAT MOVES			
		PILATES REFORMER WYSER		PILATES REFORMER WYSER	PILATES REFORMER WYSER	PILATES REFORMER FOUNDATION	
		SMALL GROUP TRAINING 45 mins					
12.30	EQUILIBRIUM 45 mins						

EVENING CLASSES

4.45							BODYPUMP™
							YOGA HATHA
5.30		SMALL GROUP TRAINING 45 mins		SMALL GROUP TRAINING 45 mins			
5.45	SMALL GROUP TRAINING 45 mins						
6.00	PILATES REFORMER FOUNDATION	BODYPUMP™	YOGA IYENGAR 85 mins	BODYPUMP™			
	YIN YOGA		HOT YOGA	POWER YOGA 85 mins	YOGA HATHA		
6.30	CYCLE 45 mins	CYCLE 45 mins	SMALL GROUP TRAINING 45 mins	CYCLE 45 mins			
	TRX	TRX	TRX				
		PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION	PILATES REFORMER FOUNDATION			
	HOT YOGA	HOT YOGA					
		YOGA VINYASA					
7.00				HOT YOGA			

- CLASSES HELD IN FITNESS CENTRE
- CLASSES HELD IN WELLNESS ZONE
- SMALL GROUP TRAINING***
Classes held in Fitness Centre
- CLASSES HELD OUTSIDE
Meet outside MSAC main entrance

*Small Group Training classes are additional to membership costs

All classes run for 55 minutes unless otherwise stated. Please ensure you arrive 5 minutes before the class begins. For safety, no entry after warm up. Membership wristbands must be worn in all classes to identify you as an active member. No entry if wristbands are not worn. If you have any questions or feedback regarding group fitness, please email groupfitness@ssct.com.au