



# GROUP FITNESS CLASS TIMETABLE

**TERM 3 : MONDAY 28 APRIL 2025 - WEDNESDAY 4 JUNE 2025**

## MONDAY

|             |                   |             |
|-------------|-------------------|-------------|
| 12.00-12.50 | PILATES (KATE)    | STUDIO 1    |
| 12.30-13.15 | SPIN 45 (FRASER)  | SPIN STUDIO |
| 17.15-18.00 | YOGA (MOJGAN)     | STUDIO 3    |
| 17.15-18.00 | BODYPUMP (SUSAN)  | STUDIO 1    |
| 18.10-18.50 | BARRE (ANNA)      | STUDIO 3    |
| 18.15-18.45 | SPIN 30 (KIM)     | SPIN STUDIO |
| 18.15-19.00 | ZUMBA (SILVIA)    | STUDIO 1    |
| 18.15-19.00 | BODYCOMBAT (GREG) | STUDIO 2    |
| 19.00-19.45 | PILATES (KIM)     | STUDIO 3    |

## TUESDAY

|             |                            |             |
|-------------|----------------------------|-------------|
| 07.30-08.15 | SPIN 45 (SCOTT)            | SPIN STUDIO |
| 11.00-11.45 | PILATES (KIM)              | STUDIO 3    |
| 12.30-13.15 | YOGA (KATE)                | STUDIO 3    |
| 12.30-13.15 | BODYPUMP (SCOTT)           | STUDIO 1    |
| 12.30-13.15 | STAFF LOVE TO LIFT (JAMIE) | S&C 2       |
| 17.15-18.00 | BODYPUMP (NINA)            | STUDIO 1    |
| 17.30-18.00 | ZUMBA (ALESSANDRA)         | STUDIO 3    |
| 18.15-19.00 | YOGALATES (CLAIRE)         | STUDIO 3    |
| 19.05-19.35 | SPIN 30 (CLAIRE)           | SPIN STUDIO |

## WEDNESDAY

|             |                            |             |
|-------------|----------------------------|-------------|
| 07.30-08.15 | SUNRISE FLOW YOGA (MOJGAN) | STUDIO 3    |
| 12.15-13.00 | PILATES (MOJGAN)           | STUDIO 1    |
| 12.30-13.15 | SPIN 45 (CLAIRE)           | SPIN STUDIO |
| 17.00-17.30 | SPIN 30 (SCOTT)            | SPIN STUDIO |
| 17.35-18.20 | YOGA (MELINA)              | STUDIO 3    |
| 17.40-18.25 | BODYPUMP (SCOTT)           | STUDIO 1    |
| 18.30-18.55 | CORE (SCOTT)               | STUDIO 1    |
| 18.30-19.00 | BARRE (ANNA)               | STUDIO 3    |
| 19.15-20.00 | YOGALATES (SCOTT)          | STUDIO 3    |

## THURSDAY

|             |                       |             |
|-------------|-----------------------|-------------|
| 07.30-08.00 | SPIN 30 (SCOTT)       | SPIN STUDIO |
| 12.15-13.00 | ZUMBA (SILVIA)        | STUDIO 2    |
| 12.30-13.15 | YOGA (KATE)           | STUDIO 3    |
| 12.30-13.15 | CONDITIONING (SCOTT)  | STUDIO 1    |
| 16.00-17.00 | LEARN TO LIFT (JAMIE) | S&C 2       |
| 16.30-17.00 | SPIN 30 (KIM)         | SPIN STUDIO |
| 17.10-17.55 | PILATES (KIM)         | STUDIO 1    |
| 17.15-18.00 | BARRE (ANNA)          | STUDIO 3    |
| 17.30-18.00 | SPIN 30 (CLAIRE)      | SPIN STUDIO |
| 18.10-18.55 | YOGALATES (CLAIRE)    | STUDIO 3    |
| 18.15-19.00 | BODYPUMP (NINA)       | STUDIO 1    |

## FRIDAY

|             |                     |             |
|-------------|---------------------|-------------|
| 07.30-08.00 | SPIN 30 (SCOTT)     | SPIN STUDIO |
| 12.05-12.40 | SPIN 35 (FRASER)    | SPIN STUDIO |
| 12.30-13.15 | BODYPUMP (PAULINE)  | STUDIO 1    |
| 12.45-13.30 | YOGA (STEVE)        | STUDIO 3    |
| 16.45-17.30 | YOGA (KATE)         | STUDIO 3    |
| 17.05-17.35 | BODYPUMP 30 (SARAH) | STUDIO 1    |
| 17.45-18.15 | SPIN 30 (SARAH)     | SPIN STUDIO |
| 18.20-19.00 | YOGALATES (SARAH)   | STUDIO 3    |

## SATURDAY

|             |                    |             |
|-------------|--------------------|-------------|
| 09.30-10.00 | SPIN 30 (SCOTT)    | SPIN STUDIO |
| 10.15-11.00 | BODYPUMP (SCOTT)   | STUDIO 1    |
| 11.05-11.35 | STRETCH 30 (SCOTT) | STUDIO 1    |
| 17.10-17.55 | YOGA (ELLIE)       | STUDIO 3    |

## SUNDAY

|             |                        |             |
|-------------|------------------------|-------------|
| 10.00-10.45 | PILATES (KIM)          | STUDIO 3    |
| 10.50-11.20 | SPIN 30 (KIM)          | SPIN STUDIO |
| 16.30-17.00 | SPIN 30 (KIM)          | SPIN STUDIO |
| 17.15-18.00 | LEGS BUMS & TUMS (KIM) | STUDIO 1    |



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