

STANDARD GROUP FITNESS



Curtin University

SPORT AND RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		BODY PUMP				8:05AM BODY PUMP	
7:00AM	BODY BALANCE	CORE 30	BODY BALANCE		BODY BALANCE	9:00AM CURTIN FIT 45	
7:45AM	CURTIN FIT 45		CURTIN FIT 45		CURTIN FIT 45	SHAPES (9:05 AM) 45	
8:00AM	LADIES CIRCUIT	CURTIN ACTIVE 45	LADIES CIRCUIT	CURTIN ACTIVE 45	LADIES CIRCUIT ZUMBA	9:30AM BODY PUMP	
1:00PM					YOGA	10:00AM ZUMBA	
4:15PM	CURTIN FIT 45		CURTIN FIT 45		CURTIN FIT 45	10:30AM CORE 45	
4:30PM	CORE (4:45 PM) 45	BODY ATTACK 45	BODY PUMP 30	BODY BALANCE		11:30AM BODY BALANCE	
5:00PM			CORE 30		BODY ATTACK 30		
5:30pm	BODY PUMP	BODY PUMP	BODY ATTACK 30	BODY PUMP	SHAPES 45		
6:00PM			ZUMBA				
6:30PM	BODY BALANCE	SHAPES 45		YOGA			

Unless otherwise indicated, classes run for 55-60 minutes.

All classes mentioned are correct at the time of release, but may be subject to change at any time. Classes with regular low-attendance clients must have the class card to give to the instructor for class participation.

Due to health and safety reasons, arrivals post five minutes of class commencement will not be admitted.

CLASS DESCRIPTIONS

BODY ATTACK

LES MILLS Body Attack is a high-energy workout that combines athletic moves with strength and agility training. It improves cardiovascular fitness, strength, and coordination through running, jumping, and strength exercises.
LOCATION: GROUP FITNESS ROOM

CURTIN FIT

CurtinFit is all about high intensity interval training on the gym floor. These team workouts are energetic and designed to get your heart pumping!
LOCATION: MAIN GYM FLOOR

ZUMBA

Zumba is a dance-based fitness program that combines Latin and international music with dance moves for a fun, energetic workout.
LOCATION: GROUP FITNESS ROOM

LADIES CIRCUIT

Ladies Circuit is a workout for women, done in the privacy of the Studio. It combines cardio and strength exercises in a circuit format.
LOCATION: STUDIO

CORE

HIIT Core & LES MILLS Core is a workout designed to strengthen & tone the muscles of the core, including the abdominals, lower back, & obliques.
LOCATION: GROUP FITNESS ROOM

BODY PUMP

LES MILLS Bodypump focuses on strength training using light to moderate weights & high repetitions. The goal is to improve muscular endurance, strength, & overall fitness.
LOCATION: GROUP FITNESS ROOM

CURTIN ACTIVE

This circuit introduces you to the gym, improving fitness, strength, endurance, and cardiovascular health. It provides a well-rounded workout in a structured and supportive environment.
LOCATION: MAIN GYM FLOOR

YOGA

Yoga is a practice that combines physical postures, breathing exercises, and meditation to enhance overall well-being and relieving stress.
LOCATION: GROUP FITNESS ROOM

BODY BALANCE

LES MILLS BODYBALANCE integrates elements from yoga, Tai Chi, and Pilates. Enhance your flexibility, core strength, and overall well-being through a series of controlled movements and exercises.
LOCATION: GROUP FITNESS ROOM

SHAPES

LES MILLS SHAPES is a 45-minute fusion of Pilates, barre, and power yoga, designed to sculpt and strengthen all major muscle groups. Using small, controlled movements, it improves alignment, boosts flexibility, and delivers a low impact yet intense workout.
LOCATION: GROUP FITNESS ROOM

Scan the QR code to find out more about group fitness!

