

FREEFIT GROUP FITNESS TIMETABLE



Curtin University

SPORT AND RECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CURTIN FIT 7:45AM - 8:30AM	 CORE 7AM - 7:30AM	 CURTIN FIT 4:15PM - 5PM	 CURTIN ACTIVE 8AM - 8:45AM	 YOGA 1PM - 2PM
 BODY PUMP 5:30PM - 6:25PM	 SHAPES 6:30PM - 7:15PM	 ZUMBA 6PM - 7PM	 BODY BALANCE 4:30PM - 5:25PM	 BODY ATTACK 5PM - 5:30PM

Bring your Student ID to the Curtin Stadium Fitness Centre and sign in with our friendly reception or fitness staff. Classes run from Monday 13 July to Friday 9 November.

Scan to find out more!



CLASS DESCRIPTIONS



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**



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**



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**



CORE

Core is a workout designed to strengthen & tone the muscles of the core, including the abdominals, lower back, & obliques.

**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**



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**



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**



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**



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**