

STANDARD GROUP FITNESS



Curtin University

SPORT AND RECREATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6:00AM		BODY PUMP		BODY PUMP HEAVY (6:30AM) 55		8:05AM	BODY PUMP	
7:00AM	BODY BALANCE	CORE 30	BODY BALANCE	SHAPES (7:30AM) 45	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	9:30AM		BODY PUMP
					ZUMBA	10:00AM	ZUMBA	
1:00PM					YOGA	10:30AM		CORE 45
4:15PM	CURTIN FIT 45		CURTIN FIT 45		CURTIN FIT 45	11:30AM		BODY BALANCE
4:30PM	CORE (4:45 PM) 45	BODY ATTACK 45	BODY PUMP HEAVY 30	BODY BALANCE		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.		
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				

CLASS DESCRIPTIONS

 **BODY
ATTACK**

LES MILLS BODY ATTACK is a high-energy workout that combines athletic moves with stamina and agility training. It improves cardiovascular fitness, stamina, and coordination through running, jumping, and strength exercises.

LOCATION: GROUP FITNESS ROOM

 **CURTIN
FIT**

CURTIN FIT is a high intensity full body workout in our designated gym area. Combining body weight and free weight exercises to focus on functional training fundamentals, you'll build muscle and cardio endurance.

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



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

 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

 **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

LES MILLS CORE is a workout designed to strengthen & tone core muscles, 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

 **BODYPUMP
HEAVY**

LES MILLS BODYPUMP HEAVY is a tempo-based, heavy weightlifting workout featuring slow movements and long recovery periods. It focuses on traditional lifting techniques like squats, deadlifts, and presses, using a simple structure of two moves per track and three sets of eight repetitions to build lean muscle.

LOCATION: GROUP FITNESS ROOM

 **CURTIN
ACTIVE**

CURTIN ACTIVE A low impact circuit introducing you to the gym. improving fitness, strength and cardiovascular health. It provides a well-rounded workout in a structured and supportive environment.

LOCATION: MAIN GYM FLOOR