










MACQUARIE UNIVERSITY SPORT AND AQUATIC CENTRE

Group Fitness Live Stream Timetable 2021

FACEBOOK LIVE – facebook.com/mqusport

| | MON | TUES | WED | THU | FRI | SAT | SUN |
|---------|--|---|--|---|--|-----|---|
| 11AM | | | | |  Charell | | |
| 11.30AM |  Duane | | | | | | |
| 4PM | | | | | | |  Anna |
| 5PM | | | | | | |  Anna |
| 6PM |  Anna | |  Anna | | | | |
| 7PM |  Anna | | |  Anna | | | |
| 7.30PM | |  Jess | | | | | |

Core: A bodyweight conditioning workout and equipment is optional. Strengthen the abs and lower back, targeting upper, lower abs and obliques.

Flex & Mobility A low impact bodyweight session with gentle dynamic exercises and stretching to improve flexibility, strength, movement and mobility.

HIIT Cardio High Intensity Interval Training with plyometric exercises that will lift your heart rate and burn calories fast. High / low impact options.

HIIT Conditioning High intensity interval training with strength based exercises – equipment is optional. High / low impact options

HIIT Fusion – A high intensity combo class with explosive cardio based intervals and second half of the workout focuses on strength and conditioning.

FitBarre – A freestyle barre class that is ballet inspired with a fusion of dance, strength, conditioning and stretching.

Yoga A Vinyasa Flow that will improve strength and flexibility through breath and a variety of poses that will also help calm your mind.

Pilates Low-impact exercises centred around abdominals, hips, inner and outer thighs and the back, improving postural alignment and flexibility.



MACQUARIE
University



facebook.com/mqusport



@mqgroupfitness