

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:45am</b>					
<b>12pm</b>	Functional Strength	HIIT 30	Cardio-X	HIIT 30	Functional Strength
<b>1pm</b>		Yoga	Pilates	Yoga	
<b>5:15pm</b>					

## Class Bookings

 [acusport.acu.edu.au/gyms](https://acusport.acu.edu.au/gyms)

 02 9465 9386

 [acuactive.nthsyd@acu.edu.au](mailto:acuactive.nthsyd@acu.edu.au)

 @acuactive

<b>Yoga</b>	Re-energise and centre yourself while increasing your strength & flexibility during this strong & powerful flow blend of Yoga practice.
<b>Pilates</b>	Concentrates on strengthening the body with an emphasis on developing core strength. This class will help to improve general fitness and overall well-being.
<b>Stretch &amp; Core</b>	Increase your flexibility and release your muscles of soreness and tightness while you improve your posture and build core muscles and strength.
<b>Boxing</b>	Using a variety of boxing equipment and drills, this class will increase strength and fitness levels whilst also improving your general boxing technique.
<b>HIIT</b>	High intensity interval training designed to improve your cardio fitness utilising a variety of exercises & equipment.
<b>Functional Strength</b>	Full body exercises designed to increase and build the foundations of strength, coordination & balance to assist the ability to perform daily activities.
<b>Cardio-X</b>	Combine machine-based cardio interval training with a surprise “cross”- it could be anything from core training to boxing.