

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---------------------|---------|---------------------|----------|--------|
| Dec 2024 - Jan 2025 | | | | | |
| 8am | | | | | |
| 12pm | Functional Strength | HIIT30 | Functional Strength | Cardio-X | |
| 1pm | | Yoga | Pilates | | |
| 5pm | | | | | |
| 6pm | | | | | |



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