

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Semester 2 2025					
7:15am					
12pm	Functional Strength	HIIT 30	Cardio-X	HIIT 30	Functional Strength
1pm		Yoga	Pilates	Yoga	
5pm			Functional Strength		

Class Bookings



acusport.acu.edu.au/gyms



02 9465 9386



acuactive.nthsyd@acu.edu.au



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Reformer Pilates Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11am					
12pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
1pm	Reformer Pilates		Mat Pilates		
2pm					
5pm		Reformer Pilates			
6pm					



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