

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

Class Bookings

northsydneysport.acu.edu.au



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@acuactive

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.