

ACU Active

GROUP FITNESS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12pm		Reformer Pilates		Reformer Pilates	
12:30pm	Reformer Pilates		Reformer Pilates		Reformer Pilates
1pm	Functional Strength	HIIT	Functional Strength	Cardio-X	
5:15pm	Yoga				



[@acuactive](#)



acuactive.melb@acu.edu.au



[ACU Active Melbourne - Online](#)



[03.9953.3665](tel:03.9953.3665)