National Group Fitness Timetable

HEALTH AND WELLBEING PROGRAM SPRING SEMESTER 2013

STRATHFIELD MOUNT ST MARY CAMPUS

MONDAY: Pilates: 11am - 12pm - the 7th day Adventist auditorium foyer downstairs

TUESDAY: Boxing: 12pm - 1pm - Lawn area next to the Shadeola. Between the library and the chapel and adjoining the playing fields

WEDNESDAY: Pilates: 12pm - 1pm the 7th day Adventist auditorium foyer downstairs

THURSDAY: Boxing: 1pm-2pm - Lawn area next to the Shadeola. Between the library and the chapel and adjoining the playing fields

NORTH SYDNEY MACKILLOP CAMPUS

TUESDAY: Boxing for Fitness: 1pm – 2pm Break out area outside room N1 (Napier Street)

BALLARAT AQUINAS CAMPUS

TUESDAY: Yoga: 1pm to 2pm – Room 434 (Music / Drama room)

WEDNESDAY: Boxing for fitness – room 410: 1pm to 2pm

MELBOURNE ST PATRICK’S CAMPUS

MONDAY: Yoga 12pm-1pm – Sign in at the Melbourne Studio Gym

MONDAY: Tough Mudder training 8am -9am – Sign in at the Melbourne Studio Gym

THURSDAY: Tough Mudder training 4pm – 5pm – Sign in at the Melbourne Studio Gym
CANBERRA SIGNADOU CAMPUS

TUESDAY: Boxing for fitness: 12:30 – 1.30pm Grass Area outside of Lewins library
THURSDAY: Outdoor Fitness 12:30 – 1.30pm Grass Area outside of Lewins library

BRISBANE MCAULEY AT BANYO

MONDAY: Boxing: 12-1pm (meet behind the chapel)
WEDNESDAY: Boot camp: 8am (meet behind the chapel)
THURSDAY: Yoga: 12 midday – 1pm Room1/ 08 FB.33 moving to IA.02 from the 8/8 - confirmed