



# FREE

# FITNESS CLASSES

For ANU Students  
25/02/19-1/06/19\*

\*Excluding Public Holidays

## MONDAY

YOGA

8:00AM  
IN THE DOJO



## YOGA

## TUESDAY

LES MILLS  
**BODYBALANCE**

8:00AM  
IN THE DOJO



## BODYBALANCE

## WEDNESDAY

LES MILLS  
**RPM**

8:00AM  
IN THE ICS

## RPM

## THURSDAY

LES MILLS  
**BODYPUMP**

8:00AM  
IN STUDIO 1



## BODYPUMP

## SATURDAY

YOGA

10:00AM  
IN THE DOJO



## YOGA

\*CLASSES ARE SUBJECT TO CHANGE - FOR CONFIRMATION PLEASE CHECK ANU SPORT RECEPTION (02) 6125 2273 .

TO ATTEND A CLASS, YOU MUST SIGN IN AT THE ANU SPORT RECEPTION DESK



**PARSA**

ANU postgraduate &  
research students'  
association