FREEFIT GROUP FITNESS TIMETABLE

Curtin University
SPORT AND RECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CURTIN FIT 7:45AM - 8:30AM	CORE 7AM - 7:30AM	CURTIN FIT 4:15PM - 5PM	CURTIN ACTIVE 8AM - 8:45AM	YOGA 1PM - 2PM
BODY PUMP 5:30PM - 6:25PM	SHAPES 6:30PM - 7:15PM	ZUMBA 6PM - 7PM	BODY BALANCE 4:30PM - 5:25PM	BODY ATTACK 5PM - 5:30PM

Bring your Student ID to the Curtin Stadium Fitness Centre and sign in with our friendly reception or fitness staff. Classes run from Monday 13 July to Friday 13 November.

Scan to find out more!

CLASS DESCRIPTIONS

YOGA

Yoga is a practice that combines physical postures, breathing exercises, and meditation to enhance overall well-being and relieving stress.

LOCATION: GROUP FITNESS ROOM

SHAPES

LES MILLS SHAPES is a 45-minute fusion of Pilates, barre, and power yoga, designed to sculpt and strengthen all major muscle groups. Using small, controlled movements, it improves alignment, boosts flexibility, and delivers a low impact yet intense workout.

LOCATION: GROUP FITNESS ROOM

ZUMBA

Zumba is a dance-based fitness program that combines Latin and international music with dance moves for a fun, energetic workout.

LOCATION: GROUP FITNESS ROOM

CORE

Core is a workout designed to strengthen & tone the muscles of the core, including the abdominals, lower back, & obliques.

LOCATION: GROUP FITNESS ROOM

CURTIN ACTIVE

This circuit introduces you to the gym, improving fitness, strength, endurance, and cardiovascular health. It provides a well-rounded workout in a structured and supportive environment.

LOCATION: MAIN GYM FLOOR

BODY BALANCE

LES MILLS BODYBALANCE integrates elements from yoga, Tai Chi, and Pilates. Enhance your flexibility, core strength, and overall well-being through a series of controlled movements and exercises.

LOCATION: GROUP FITNESS ROOM

CURTIN FIT

CurtinFit is all about high intensity interval training on the gym floor. These team workouts are energetic and designed to get your heart pumping!

LOCATION: MAIN GYM FLOOR

BODY ATTACK

LES MILLS Body Attack is a high-energy workout that combines athletic moves with strength and agility training. It improves cardiovascular fitness, strength, and coordination through running, jumping, and strength exercises.

LOCATION: GROUP FITNESS ROOM

BODY PUMP

LES MILLS Bodypump focuses on strength training using light to moderate weights & high repetitions. The goal is to improve muscular endurance, strength, & overall fitness.

LOCATION: GROUP FITNESS ROOM