STAFF WELLNESS TRIALS

CLASS TIMETABLE

Curtin University
SPORT AND RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM		CORE30 7 - 7:30AM			
11:30AM	BEGINNER FULL BODY EXPRESS 11:30 - 12PM		BEGINNER FULL BODY EXPRESS 11:30 - 12PM		INTERMEDIATE FULL BODY EXPRESS 11:30 - 12PM
12:00PM		INTERMEDIATE FULL BODY EXPRESS 12 - 12:30PM		ATHLETIC EXPRESS 12 - 12:30PM	
12:15PM			STAFF CIRCUIT 12:15 - 12:45PM		
1:00PM					YOGA 1 - 2PM
4:30PM			BODY PUMP HEAVY30 4:30 - 5PM		
5:00PM			CORE30 5 - 5:30PM		BODY ATTACK30 5 - 5:30PM
5:30PM			BODY ATTACK30 5:30 - 6PM		
6:30PM				YOGA 6:30 - 7:30PM	

CLASS TYPES

VIRTUAL REFORMER PILATES
Reformer pilates classes delivered virtually
PILATES STUDIO

STAFF CIRCUIT
Staff-only functional circuit class
GYM FLOOR

GROUP FITNESS
A range of classes including strength, core, cardio and mind & body
GROUP FITNESS ROOM

VIRTUAL REFORMER PILATES:

Before attending any Virtual Reformer Pilates classes, participants should complete the Intro to Reformer Bed (15 minutes) session to become familiar with the equipment and basic movements. Times can be found here