

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Semester 1 2024					
8am					
12pm	Functional Strength	HIIT30	Cardio-X + Boxing	HIIT30	Functional Strength
1pm		Yoga	Pilates	Yoga	
5pm					
6pm					

**Class Bookings**

[northsydneysport.acu.edu.au](http://northsydneysport.acu.edu.au)



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<b>Yoga</b>	Re-energise and centre yourself while increasing your strength & flexibility during this strong & powerful flow blend of Yoga practice.
<b>Pilates</b>	Concentrates on strengthening the body with an emphasis on developing core strength. This class will help to improve general fitness and overall well-being.
<b>Stretch &amp; Core</b>	Increase your flexibility and release your muscles of soreness and tightness while you improve your posture and build core muscles and strength.
<b>Boxing</b>	Using a variety of boxing equipment and drills, this class will increase strength and fitness levels whilst also improving your general boxing technique.
<b>HIIT</b>	High intensity interval training designed to improve your cardio fitness utilising a variety of exercises & equipment.
<b>Functional Strength</b>	Full body exercises designed to increase and build the foundations of strength, coordination & balance to assist the ability to perform daily activities.
<b>Cardio-X</b>	Combine machine-based cardio interval training with a surprise “cross”- it could be anything from core training to boxing.