



# FREE

# FITNESS CLASSES

For ANU Students  
3/09/18-27/10/18\*

\*Excluding Public Holidays

## YOGA

YOGA

12:15PM  
IN THE DOJO



## MONDAY

## RPM

LES MILLS

**RPM**

8:00AM  
IN THE ICS



## TUESDAY

## BODY PUMP

LES MILLS  
**BODY PUMP**

8:00AM  
IN STUDIO 1



## WEDNESDAY

## STRETCHING & FLEXIBILITY

STRETCHING & FLEXIBILITY

12:30PM  
IN THE DOJO



## THURSDAY

## YOGA

YOGA

10:00AM  
IN THE DOJO



## SATURDAY

\*CLASSES ARE SUBJECT TO CHANGE - PLEASE CHECK ANU SPORT RECEPTION (02) 6 125 2273 FOR CONFIRMATION

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



**PARSA**

ANU postgraduate & research students' association