

# AUT CITYGYM

Semester 1 Timetable

## Group Exercise

From February 24 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	Strength	Circuit	Strength		
7.30am	Circuit		Circuit		Enduro
12.00pm	BAT	Strength	Pump	Strength	Circuit
12.30pm	Gym 101*	Abs XP		BAT	Abs XP
4.30pm	Abs XP		Abs XP		
5.10pm	Circuit	Pump	Strength	Pump	Strength

\*Paid Class

**AUT Sport & Fitness Centres**