

CLASS DESCRIPTIONS

LES MILLS BODYPUMP EXPRESS

A barbell workout designed for anyone looking to get lean, toned, and fit quickly. Using light to moderate weights with high repetition, BODYPUMP gives you a total-body workout that challenges your muscles and pushes you to your limits. Expect to burn calories with the aim to shape and tone your entire body, as well as improve your bone health. Leave feeling motivated and ready to come back for more!

HIIT

"High Intensity Interval Training" - A fast-paced, dynamic workout combining strength and cardio exercises to engage your whole body. HIIT is structured in short bursts of intense activity, designed to elevate your heart rate and maximize calorie burn. Whether you're new or experienced, the instructor will provide various intensity options to ensure this class is suitable for all fitness levels. Get ready to sweat and push your limits!

PILATES

Mat Pilates focuses on controlled movements that strengthen and lengthen muscles, with a particular focus on the abdominals, back, and pelvic floor. This class emphasizes proper alignment, balance, and body awareness, helping you build strength and stability from the inside out. Suitable for all fitness levels, Mat Pilates is perfect for enhancing flexibility, toning muscles, and improving overall body control.

YOGA

A fluid and energetic yoga class where movement is linked to breath, creating a continuous flow of poses. Vinyasa yoga emphasizes the connection between body and mind, using breath to guide each transition. This class will help you build strength, improve flexibility, and increase balance through a series of dynamic postures. Suitable for all levels, Vinyasa allows you to challenge yourself while cultivating mindfulness and mental focus. Whether you're looking to deepen your practice or simply stretch and relax, this class will leave you feeling centered and refreshed.

UNISA SPORT

PRIDHAM HALL

GROUP FITNESS

TIMETABLE

UniSA City West campus

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University of
South Australia

PRIDHAM HALL GROUP FITNESS STUDIO

SP2 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
LUNCH	1:15pm - 2:00pm Yoga Chelsea	1:15pm - 2:00pm Pilates Franzi	1:15pm - 2:00pm Yoga Sonia		*NEW CLASS* STARTS 28th FEB 1:15pm - 2:00pm Pilates Michaela
EVENING	5:30pm - 6:15pm LES MILLS BODYPUMP Express Justine	5:15pm-6:00pm HIIT Sara	5:15pm - 6:00pm LES MILLS BODYPUMP Express Roberta	5:30pm-6:15pm Yoga Chelsea	REMINDERS: Please note, for safety reasons, participants will not be admitted into class if 2 or more minutes late. All participants must bring a towel with them to every class.