



**GX TIMETABLE WOLLONGONG CAMPUS  
STARTS MONDAY 3<sup>RD</sup> AUGUST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM						
FMT ATHLETIC <i>30mins</i>	FMT STRENGTH <i>30mins</i>	FMT ATHLETIC <i>30mins</i>	FMT STRENGTH <i>30mins</i>	FMT ATHLETIC <i>30mins</i>		
7:30AM						
AQUAFIT <i>45mins</i>		AQUAFIT <i>45mins</i>				
8:00AM						
					FMT ATHLETIC <i>30mins</i>	
9:30AM						
					BODYPUMP <i>60mins</i>	BODYPUMP <i>60mins</i>
11:45AM						
FMT ATHLETIC <i>30mins</i>	FMT STRENGTH <i>30mins</i>	FMT ATHLETIC <i>30mins</i>	BODYATTACK <i>30mins</i>			
12:35PM						
BODYPUMP <i>45mins</i>	CXWORX <i>30mins</i>	BODYPUMP <i>45mins</i>	CXWORX <i>30mins</i>	BODYPUMP <i>45mins</i>		
BODYBALANCE <i>45mins</i>		BODYBALANCE <i>45mins</i>				
4:35PM						
BODYATTACK <i>45mins</i>	BODYBURN <i>45mins</i>	SCULPT N ABS <i>45mins</i>	BODYPUMP <i>45mins</i>	BODYATTACK <i>45mins</i>		
RPM <i>45mins</i>		RPM <i>45mins</i>		RPM <i>45mins</i>		
5:15PM						
OUTDOORS XTRAIN <i>45mins</i>	FMT ATHLETIC <i>30mins</i>	OUTDOORS CARDIO CORE <i>45mins</i>	FMT ATHLETIC <i>30mins</i>	FMT ATHLETIC <i>30mins</i>		
5:35PM						
BODYPUMP <i>60mins</i>	SCULPT N ABS <i>LIVE STREAM</i> <i>60mins</i>	BODYPUMP <i>60mins</i>		BODYPUMP <i>60mins</i>		
YOGASTRETCH <i>LIVE STREAM</i> <i>60mins</i>	RPM <i>45mins</i>	YOGASTRETCH <i>LIVE STREAM</i> <i>60mins</i>	RPM <i>45mins</i>			