

## Online Group Fitness Timetable – From Monday 23rd August 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am		ZOOM YOGA-60MIN	ZOOM HIIT AND CORE 45MIN	ZOOM BODYBALANCE- 60MIN	
9:00am	ZOOM HEALTH 4 LIFE- 45MIN		ZOOM HEALTH 4 LIFE- 45MIN		ZOOM HEALTH 4 LIFE- 45MIN
12:00pm	ZOOM BODYBALANCE- 60MIN	ZOOM FMT STRENGTH - 45MIN	ZOOM YOGA-60MIN	ZOOM FMT HIIT- 45MIN	ZOOM BODYPUMP/LM CORE- 60MIN
4:30pm	ZOOM BODYPUMP- 45MIN		ZOOM LM CORE- 45MIN		ZOOM BODYBALANCE- 60MIN
5:30pm	ZOOM BODYBALANCE STRETCH- 45MIN	ZOOM FMT HIIT- 45MIN	ZOOM BODYBALANCE- 60MIN	ZOOM FMT STRENGTH - 45MIN	
<b>*CHECK OUT OUR LOCKDOWN WORKOUTS DROPPED THROUGHOUT THE WEEK</b>					

FMT and Health 4 Life (H4L) classes and Zoom links are listed within each events on the UniActive Facebook page.

[www.facebook.com/uowuniactive/events](https://www.facebook.com/uowuniactive/events)

All BODYBALANCE, YOGA, BODYPUMP and CORE classes and Zoom links are listed within the [UniActive Online Group Exercise](https://www.facebook.com/groups/500735641125210) group. Join the group to work out from home. <https://www.facebook.com/groups/500735641125210>