## **UNIACTIVE** GROUP FITNESS TIMETABLE INNOVATION CAMPUS NOVEMBER 14TH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM IC						
FMT Athletic	Yoga	FMT Athletic	Cardiobox	FMT Strength		
60min	60min	60min	60min	60min		
9:00AM IC						
Over 55s	Pilates	Over 55s		Over 55s		
60min	60min	60min		60min		
12:00PM IC						
FMT Athletic	Cardiobox	FMT Athletic	Yoga 45min			
45min	45min	45min	Yoga 45min			