

GROUP FITNESS TIMETABLE WOLLONGONG CAMPUS
NOVEMEBR 14TH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM WC						
FMT Athletic 45min		FMT Athletic 45min		FMT Athletic 45min		
6:00AM WC						
	FMT Strength 45min		FMT Strength 45min			
6:45AM WC						
Rig Strength 45min		Rig Strength 45min				
7:30AM WC						
Aquafit 45min	Pilates 45min	Aquafit 45min	Pilates 45min	Aquafit 45min		
8:15AM WC						
					FMT Athletic 45min	FMT Athletic 45min
					9:30AM WC	
					RPM 45min	BodyPump 60min
					BodyPump 60min	
11:45AM WC						
FMT Athletic 45min	FMT Strength 45min	Cardiobox 45min	FMT Strength 45min	FMT Athletic 45min		
12:30PM WC						
BodyBalance 45min	RPM 45min	BodyPump/ LM Core 45min	Pilates 45min	BodyPump 45min		
3:30PM WC						
					FMT Strength 45min	Rig Strength 45min
4:30PM WC						
RPM 45min	BodyPump 45min	Pilates 45min	BodyPump/ LM Core 60min	LM Sprint 30min		
5:15PM WC						
	LM Core 45min	RPM 45min	FMT Athletic 45min			
5:30PM WC						
Yoga 60min	LM Sprint 30min		RPM 45min	FMT Strength 45min		
5:45PM WC						
BodyPump 60min		FMT Strength 45min	BodyBalance 60min			
6:00PM WC						
FMT Athletic 45min	FMT Strength 45min					
6:15PM WC						
	BodyBalance 45min					
6:30PM WC						
		Rig Strength 45min			UNIACTIVE	



--	--