

GROUP FITNESS TIMETABLE WOLLONGONG CAMPUS

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			
6:30AM WC						
Rig Strength Lower Body 45min						
7:30AM WC						
AquaFit 45min	Over 55s 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 Upper Body 45min
4:30PM WC						
RPM 45min	BodyPump 45min	Pilates 45min		LM Sprint 30min		
4:45PM WC						
FMT Athletic 45min			RPM 45min			
5:15PM WC						
	LM Core 45min	RPM 45min	FMT Athletic 45min			
5:30PM WC						
Yoga 60min		Cardiobox 45min	BodyPump 60min	FMT Strength 45min		
5:45PM WC						
BodyPump 60min	LM Sprint 30min		BodyBalance 60min			
6:00PM WC						
	FMT Strength 45min	Yoga 60min				
6:30PM WC						
Rig Strength Upper Body 45min	BodyBalance 45min	Rig Strength Lower Body 45min			UNIACTIVE	