

# WOLLONGONG CAMPUS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	FMT ATHLETIC 45 minutes		FMT ATHLETIC 45 minutes		FMT ATHLETIC 45 minutes		
6:00AM		FMT STRENGTH 45 minutes		FMT STRENGTH 45 minutes			
6:30AM							
7:30AM	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes		
8:15AM						FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes
9:00AM						PILATES 45 minutes	
9:30AM						RPM 45 minutes	BODYPUMP 60 minutes
11:45AM	FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes	CARDIOBOX 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes		
12:30PM	BODYBALANCE 45 minutes	RIDE 45 minutes	BODYPUMP / CORE 45 minutes	PILATES 45 minutes	BODYPUMP 45 minutes		
3:30PM						FMT STRENGTH 45 minutes	
4:00PM	TEEN STRENGTH 45 minutes		TEEN STRENGTH 45 minutes				
4:30PM	RIDE 45 minutes	BODYPUMP 45 minutes	PILATES 45 minutes	LM CORE 30 minutes	BODYPUMP 45 minutes		
4:45PM	ZUMBA 45 minutes			RPM 45 minutes			
5:00PM	FMT ATHLETIC 45 minutes						
5:15PM			RPM 45 minutes	BODYPUMP 60 minutes			
5:20PM		LM CORE 30 minutes					
5:30PM	YOGA 60 minutes	RPM 45 minutes	ZUMBA 45 minutes		YOGA 60 minutes		
5:45PM	BODYPUMP 60 minutes		FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes			
6:00PM		FMT STRENGTH 45 minutes	YOGA 60 minutes				
6:15PM		BODYBALANCE 45 minutes					

CLASS LOCATION KEY:

FMT ZONE	RIG ON GYM FLOOR	GX STUDIO	REJUVENATE STUDIO	POOL	CYCLE STUDIO
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Join the UOW Run Club, a UniClub funded by SSAF, absolutely free and open to all! They meet at North Beach every Monday at 6PM and Campus East every Wednesday at 6:30AM. For further details, check out their Instagram page [@uow.runclub](#)

# INNOVATION CAMPUS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	FMT ATHLETIC 60 minutes	YOGA 60 minutes	FMT ATHLETIC 60 minutes	CARDIOBOX 60 minutes	FMT STRENGTH 60 minutes		
9:00AM	OVER 55s 45 minutes	PILATES 45 minutes	OVER 55s 45 minutes	PILATES 45 minutes	OVER 55s 45 minutes		
12:00PM	FMT ATHLETIC 45 minutes	PILATES 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes	PILATES 45 minutes		

CLASS LOCATION KEY:

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# SPORTS HUB TIMETABLE (PLATINUM MEMBERS ONLY)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	BOXING 60 minutes	BOXING 60 minutes	BOXING 60 minutes	BOXING 60 minutes	BOXING 60 minutes		
6:45AM	RIG STRENGTH 45 minutes		RIG STRENGTH 45 minutes		RIG STRENGTH 45 minutes		
5:00PM							BOXING 60 minutes
6:00PM	BOXING 60 minutes	RIG STRENGTH 60 minutes	BOXING 60 minutes	RIG STRENGTH 60 minutes			

\*Classes and venues subject to change due to availability. Join the private 'UniActive Group Fitness' Facebook Group to stay up to date.