



FROM JULY 2024

WOLLONGONG CAMPUS TIMETABLE

UNIACTIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	FMT ATHLETIC 55 minutes	FMT STRENGTH 55 minutes	FMT ATHLETIC 55 minutes	FMT STRENGTH 55 minutes	FMT ATHLETIC 55 minutes		
6:30AM							
7:30AM	AQUAFIT 45 minutes	MAT PILATES 45 minutes	AQUAFIT 45 minutes	MAT PILATES 45 minutes	AQUAFIT 45 minutes		
8:15AM						FMT STRENGTH 55 minutes	FMT ATHLETIC 55 minutes
9:15AM						MAT PILATES 45 minutes	
9:30AM						RPM 45 minutes	
11:45AM	FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes		
12:30PM	BODYBALANCE 45 minutes	RIDE 45 minutes	BODYPUMP / CORE 45 minutes	MAT PILATES 45 minutes			
3:30PM						FMT ATHLETIC 55 minutes	RIG STRENGTH FULL BODY 45 minutes
4:00PM	TEEN STRENGTH 45 minutes		TEEN STRENGTH 45 minutes				
4:30PM	RIDE 45 minutes	BODYPUMP 45 minutes	MAT PILATES 45 minutes	BODYBALANCE 40 minutes	BODYPUMP 45 minutes		
4:45PM	ZUMBA 45 minutes			RPM 45 minutes			
5:00PM	FMT ATHLETIC 55 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 55 minutes	FMT ATHLETIC 55 minutes			
6:00PM		FMT STRENGTH 55 minutes		RIG STRENGTH UPPER BODY 45 minutes	RIG STRENGTH LOWER BODY 45 minutes		
	RIG STRENGTH UPPER BODY 45 minutes	RIG STRENGTH LOWER BODY 45 minutes					
6:15PM			YOGA 60 minutes				

CLASS LOCATION KEY:

SPORTS HUB	FMT ZONE	GX STUDIO	SPORTS LOUNGE (BLD 13)	POOL	CYCLE STUDIO
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INNOVATION CAMPUS TIMETABLE

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

CLASS LOCATION KEY:

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*Classes and venues subject to change due to availability. Join the private 'UniActive Group Fitness' Facebook Group to stay up to date. UOW Run Club is SSAF funded, free and open to all! They meet at North Beach every Monday at 6PM and Campus East every Wednesday at 6:30AM. Please visit uniactive.uow.edu.au/reformer-pilates/ to view our new reformer pilates timetable.