

WOLLONGONG CAMPUS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes		
9:15AM						PILATES 45 minutes	
9:30AM						RPM 45 minutes	
12:30PM	BODYBALANCE 45 minutes	RIDE 30 minutes	BODYPUMP / CORE 45 minutes	PILATES 45 minutes			
4:00PM	TEEN STRENGTH 45 minutes		TEEN STRENGTH 45 minutes				
4:30PM	RIDE 50 minutes	BODYPUMP 45 minutes	PILATES 45 minutes	BODYBALANCE 40 minutes	BODYPUMP 45 minutes		
4:45PM	ZUMBA 45 minutes						
5:00PM				RPM 45 minutes			
5:15PM				BODYPUMP 60 minutes			
5:20PM	BODYPUMP 55 minutes	LM CORE 30 minutes					
5:30PM		RPM 45 minutes	ZUMBA 45 minutes		YOGA 60 minutes		
6:00PM							
6:15PM	YOGA 60 minutes						
6:30PM			YOGA 60 minutes				

CLASS LOCATION KEY:

FMT ZONE	NORTH GONG	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](https://www.instagram.com/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		
6:30AM							
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:

IC GYM	CITY FUNCTION ROOM
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SPORTS HUB TIMETABLE

	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		
8:15AM						FMT STRENGTH 55 minutes	FMT ATHLETIC 55 minutes
11:45AM	FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes		
3:30PM						FMT ATHLETIC 55 minutes	FULL BODY RIG STRENGTH 60 minutes
5:00PM	FMT ATHLETIC 55 minutes						
5:45PM			FMT STRENGTH 55 minutes	FMT ATHLETIC 55 minutes			
6:00PM		FMT STRENGTH 55 minutes	UPPER BODY RIG STRENGTH 60 minutes	LOWER BODY RIG STRENGTH 60 minutes			
6:20PM	UPPER BODY RIG STRENGTH 60 minutes	LOWER BODY RIG STRENGTH 60 minutes					