

WOLLONGONG CAMPUS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|--|---|-----------------------------|------------------------|-----------------------|--------|
| 7:30AM | AQUAFIT 45 minutes | PILATES 45 minutes AQUAFIT 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 | RPM 30 minutes | PILATES 45 minutes | CORE/BALANCE 45 minutes | | | |
| 4:00PM | TEEN STRENGTH 45 minutes | | TEEN STRENGTH 45 minutes | | | | |
| 4:30PM | RIDE 50 minutes ZUMBA 45 minutes | BODYPUMP 45 minutes | PILATES 45 minutes | PILATES BARRE 45 minutes | BODYPUMP 45 minutes | | |
| 4:45PM | | | | RPM 45 minutes | | | |
| 5:15PM | | | | BODYPUMP 60 minutes | | | |
| 5:20PM | BODYPUMP 55 minutes | | | | | | |
| 5:30PM | | RPM 45 minutes PILATES BARRE 45 minutes | ZUMBA 45 minutes RIDE 50 minutes | | YIN YOGA 60 minutes | | |
| 6:00PM | UOW RUN CLUB | | | | | | |
| 6:20PM | YOGA 60 minutes | | YOGA 60 minutes | | | | |

CLASS LOCATION KEY:

| | | | | |
|-----------|------------|-----------|------|--------------|
| GYM FLOOR | NORTH GONG | GX STUDIO | POOL | CYCLE STUDIO |
|-----------|------------|-----------|------|--------------|

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](#)

SPORTS HUB TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|--|-----------------------------|--|----------------------------|----------------------------|---|
| 5:15AM | | FMT STRENGTH 45 minutes | | FMT STRENGTH 45 minutes | | | |
| 5:45AM | FMT ATHLETIC 60 minutes | | HYROX 60 minutes | | FMT ATHLETIC 60 minutes | | |
| 6:10AM | | FMT STRENGTH 45 minutes | | FMT STRENGTH 45 minutes | | | |
| 6:40AM | | | | | | | |
| 8:15AM | | | | | | FMT STRENGTH 60 minutes | HYROX 60 minutes |
| 11:45AM | HYROX 45 minutes | FMT STRENGTH 45 minutes | FMT ATHLETIC 45 minutes | FMT STRENGTH 45 minutes | FMT ATHLETIC 45 minutes | | |
| 3:30PM | | | | | | FMT ATHLETIC 60 minutes | FULL BODY RIG STRENGTH 60 minutes |
| 5:00PM | HYROX 60 minutes | | FULL BODY RIG 60 minutes | | FMT ATHLETIC 60 minutes | | |
| 5:45PM | | | | HYROX 60 minutes | | | |
| 6:00PM | UPPER BODY RIG STRENGTH 60 minutes | FMT STRENGTH 60 minutes LOWER BODY RIG STRENGTH 60 minutes | FMT STRENGTH 60 minutes | UPPER BODY RIG STRENGTH 60 minutes | | | |

REFORMER PILATES TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|------------|------------|------------|------------|------------|------------|--------|
| 6:45AM | | 45 minutes | 45 minutes | 45 minutes | | | |
| 8:15AM | | | | | | 45 minutes | |
| 12:30PM | 45 minutes | 45 minutes | 45 minutes | | 45 minutes | | |
| 4:45PM | 45 minutes | 45 minutes | 45 minutes | 45 minutes | | | |
| 5:30PM | 45 minutes | 45 minutes | 45 minutes | 45 minutes | | | |

CLASS LOCATION KEY:

REJUVENATE STUDIO

INNOVATION CAMPUS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------------------|-----------------------|----------------------------|----------------------------|----------------------------|----------|--------|
| 6:00AM | FMT ATHLETIC 60 minutes | YOGA 60 minutes | FMT STRENGTH 60 minutes | FMT ATHLETIC 60 minutes | FMT STRENGTH 60 minutes | | |
| 6:30AM | | | UOW RUN CLUB | | | | |
| 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