

WOLLONGONG CAMPUS TIMETABLE | GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes		
	PILATES 45 minutes	AQUAFIT 45 minutes			BODYBALANCE 45 minutes		
9:15AM						PILATES 45 minutes	
9:30AM						RPM 45 minutes	
12:30PM	BODYBALANCE 45 minutes	RPM 45 minutes	PILATES 45 minutes	BODYBALANCE 45 minutes			
2:30PM							PILATES 45 minutes
4:00PM	TEEN STRENGTH 45 minutes		TEEN STRENGTH 45 minutes				
4:30PM	RIDE 50 minutes	BODYPUMP 45 minutes	PILATES 45 minutes	PILATES BARRE 45 minutes	BODYPUMP 45 minutes		
	ZUMBA 45 minutes						
4:45PM				RPM 45 minutes			
5:20PM	BODYPUMP 55 minutes			BODYPUMP 60 minutes			
5:30PM		RPM 45 minutes	ZUMBA 45 minutes		YIN YOGA 60 minutes		
		PILATES BARRE 45 minutes	RIDE 50 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
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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](#)

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	FMT STRENGTH 60 minutes	UPPER BODY RIG STRENGTH 60 minutes			
		LOWER BODY RIG STRENGTH 60 minutes					

REFORMER PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	45 minutes	45 minutes	45 minutes	45 minutes	45 minutes		
8:15AM						45 minutes	
9:15AM						45 minutes	
12:30PM	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