

DECEMER 1 - 14

UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM	PILATES 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes		
	AQUAFIT 45 minutes	AQUAFIT 45 minutes			BODYBALANCE 45 minutes		
9:15AM						PILATES 45 minutes	
9:30AM						RPM 45 minutes	
12:30PM	BODYBALANCE 45 minutes	RPM 30 minutes	PILATES 45 minutes	BODYBALANCE 45 minutes			
2:30PM							PILATES 45 minutes
3:30PM							
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 HEAVY 55 minutes			BODYPUMP HEAVY 60 minutes			
5:30PM		RPM 45 minutes	ZUMBA 45 minutes		YIN YOGA 45 minutes		
		PILATES BARRE 45 minutes	RIDE 50 minutes				
6:20PM	YOGA 60 minutes		YOGA 60 minutes				

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

DECEMER 1 - 14

SPORTS HUB TIMETABLE

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

DECEMER 1 - 14

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			

REJUVENATE STUDIO

DECEMER 1 - 14

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		
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