

# UNIACTIVE CHRISTMAS/NEW YEARS OPERATION HOURS

DATE	UNIACTIVE GYM	GX CLASESS	UNIACTIVE POOL	IC GYM	SPORTS HUB
24 DECEMBER	Closes at 4PM	Refer to Group X timetable	Closes at 1PM	Staffed 9AM - 1PM, 24/7 Access Available	Closed
25/26 DECEMBER	Closed	No Classes	Closed	No Staffed Hours, 24/7 Access Available	Closed
27 - 31 DECEMBER	8AM - 1 PM	Refer to Group X timetable	8AM - 12PM	24/7 Access Available Saturday 27: 1PM - 4PM Sunday 28: Not Staffed Monday 29: 3PM - 6PM Tuesday 30: 3PM - 6PM Wednesday 31 - Not Staffed	Closed
1 JANUARY 2026	Closed	No Classes	Closed	No Staffed Hours, 24/7 Access Available	Closed

UniActive will return to normal hours from the 2/1/2026.  
 Swim for Fitness Program to restart on the 5/1/2026.  
 Sports HUB will be closed from 24/12/2025 - 4/1/2026, except  
 for Group X Classes

Have a safe & wonderful Summer Holiday.  
 We look forward to seeing you in 2026.

**PLEASE SEE THE FOLLOWING PAGE FOR GROUP X TIMETABLE**

# DECEMBER 22 - 28

## UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
7:30AM	AQUAFIT 45 minutes	AQUAFIT 45 minutes					
9:30AM			PILATES 45 minutes			PILATES 45 minutes	RPM 45 minutes
12:30PM	PILATES 45 minutes						
4:30PM	RIDE 50 minutes	BODYPUMP 45 minutes	PILATES 45 minutes				
5:30PM	BODYPUMP HEAVY 55 minutes	RPM 45 minutes					
		PILATES 45 minutes					
6:20PM	YOGA 60 minutes						

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

## SPORTS HUB TIMETABLE

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
5:45AM	FMT ATHLETIC 60 minutes	FMT STRENGTH 45 minutes	HYROX 60 minutes				
8:30AM						FMT STRENGTH 60 minutes	HYROX 60 minutes
11:45AM	HYROX 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes				
4:45PM	HYROX 60 minutes						
6:00PM	UPPER BODY RIG STRENGTH 60 minutes	FMT STRENGTH 60 minutes					
		LOWER BODY RIG STRENGTH 60 minutes					

## INNOVATION CAMPUS TIMETABLE

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
6:00AM	FMT ATHLETIC 60 minutes	YOGA 60 minutes	FMT STRENGTH 60 minutes				
9:00AM	OVER 55s 45 minutes	PILATES 45 minutes					
12:00PM		PILATES 45 minutes					

CLASS LOCATION KEY:

IC GYM

CITY FUNCTION ROOM

## REFORMER PILATES TIMETABLE

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
6:15AM	45 minutes	45 minutes	45 minutes				
8:30AM						45 minutes	
12:30PM	45 minutes		45 minutes				
4:45PM	45 minutes	45 minutes					
5:30PM	45 minutes	45 minutes					

CLASS LOCATION KEY:

REJUVENATE STUDIO