

# UNIACTIVE CHRISTMAS/NEW YEARS OPERATION HOURS

DATE	UNIACTIVE GYM	GX CLASSESS	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

DECEMER 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		CLOSED 25TH - 26TH			
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	CLOSED 25TH - 26TH			
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	CLOSED 25TH - 26TH			
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	CLOSED 25TH - 26TH			
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