

DECEMBER 22 - 28

UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
GYM HOURS	5:30am - 9pm	5:30am - 9pm	5:30am - 4pm	CLOSED 25TH - 26TH		8am - 1pm	8am - 1pm
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	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
GYM HOURS	5:30am - 9pm	5:30am - 9pm	5:30am - 4pm	CLOSED 25TH - 26TH		8am - 1pm	8am - 1pm
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	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