

DECEMBER 29 - 4

UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
GYM HOURS	8am - 1pm	8am - 1pm	8am - 1pm	CLOSED	5:30am - 9pm	5:30am - 5pm	8am - 5pm
9:30AM	BODYPUMP 45 minutes	YOGA 60 minutes	PILATES 45 minutes		BODYPUMP 45 minutes	PILATES 45 minutes	YOGA 60 minutes
4:45PM					RIDE 45 minutes		
5:30PM					PILATES 45 minutes		

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

SPORTS HUB TIMETABLE

	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
8:30AM	FMT ATHLETIC 60 minutes	FMT STRENGTH 45 minutes	HYROX 60 minutes	CLOSED	FMT ATHLETIC 45 minutes	FMT STRENGTH 60 minutes	HYROX 60 minutes
11:45AM					FMT ATHLETIC 45 minutes		

INNOVATION CAMPUS TIMETABLE

	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
GYM HOURS	5:30am - 9pm	5:30am - 9pm	5:30am - 4pm	CLOSED	5:30am - 9pm	8am - 1pm	8am - 1pm

CLASS LOCATION KEY:

IC GYM

CITY FUNCTION ROOM

REFORMER PILATES TIMETABLE

	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
9:30AM	45 minutes	45 minutes	45 minutes	CLOSED	45 minutes	45 minutes	
12:00PM	45 minutes		45 minutes		45 minutes		
6:15PM	45 minutes						

CLASS LOCATION KEY:

REJUVENATE STUDIO