

5 - 11 JANUARY

UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
7:30AM					AQUAFIT 45 minutes		
9:30AM	PILATES 45 minutes	RPM 45 minutes	BODYPUMP 45 minutes	RIDE 45 minutes	BODYPUMP 45 minutes	PILATES 45 minutes	YOGA 60 minutes
12:30PM	PILATES 45 minutes						
4:15PM					RPM 45 minutes		
5:30PM					PILATES 45 minutes		
6:20PM	YOGA 60 minutes						

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

SPORTS HUB TIMETABLE

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
5:45AM	FMT ATHLETIC 60 minutes	FMT STRENGTH 45 minutes	HYROX 60 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 60 minutes		
8:30AM						FMT STRENGTH 60 minutes	HYROX 60 minutes
5:00PM	HYROX 60 minutes		UPPER BODY RIG STRENGTH 60 minutes				
5:30PM					FMT ATHLETIC 45 minutes		
5:45PM		FMT STRENGTH 45 minutes		FMT STRENGTH 45 minutes			
6:00PM	UPPER BODY RIG STRENGTH 60 minutes	LOWER BODY RIG STRENGTH 60 minutes	FMT ATHLETIC 45 minutes	UPPER BODY RIG STRENGTH 60 minutes			

INNOVATION CAMPUS TIMETABLE

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
6:00AM	FMT ATHLETIC 60 minutes	YOGA 60 minutes	FMT STRENGTH 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		

CLASS LOCATION KEY:

IC GYM

CITY FUNCTION ROOM

STAFFED HOURS:
MONDAY - THURSDAY: 8AM - 1PM ; 3:30PM - 6:30PM
FRIDAY: 8AM - 1PM
SATURDAY: 8:30AM - 11:30AM

REFORMER PILATES TIMETABLE

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
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			

CLASS LOCATION KEY:

REJUVENATE STUDIO