

JANUARY 19 - 25

UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
7:30AM	AQUAFIT 60 minutes	AQUAFIT 60 minutes	AQUAFIT 60 minutes	PILATES 45 minutes	AQUAFIT 60 minutes		
	PILATES 45 minutes	PILATES 45 minutes			BODYBALANCE 45 minutes		
9:15AM						PILATES 45 minutes	
						RPM 45 minutes	
12:30PM	BODYBALANCE 45 minutes	RPM 45 minutes	PILATES 45 minutes	BODYBALANCE		PILATES 45 minutes	YOGA 60 minutes
						45 minutes	
2:30PM							PILATES 45 minutes
4:30PM	RPM 45 minutes	BODYPUMP 45 minutes	PILATES 45 minutes		BODYPUMP 45 minutes		
	ZUMBA 45 minutes						
4:45PM				RPM 45 minutes			
5:20PM	BODYPUMP HEAVY 45 minutes			BODYPUMP HEAVY 45 minutes			
5:30PM		RPM 45 minutes	RIDE 45 minutes		YIN YOGA 60 minutes		
		BARRE PILATES 45 minutes	ZUMBA 45 minutes				
6:20PM	YOGA 60 minutes		YOGA 60 minutes				

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

SPORTS HUB TIMETABLE

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
5:15AM		FMT STRENGTH 60 minutes					
5:45AM	FMT ATHLETIC 60 minutes		HYROX 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes		
6:10AM		FMT STRENGTH 60 minutes					
8:30AM						FMT STRENGTH 60 minutes	HYROX 60 minutes
11:45AM	HYROX 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 45 minutes		
3:30PM						FMT ATHLETIC 45 minutes	UPPER BODY RIG STRENGTH 60 minutes
5:00pm	HYROX 60 minutes		FULL BODY RIG STRENGTH 60 minutes		FMT ATHLETIC 45 minutes		
5:45pm				HYROX 60 minutes			
6:00pm	UPPER BODY RIG STRENGTH 60 minutes	FMT STRENGTH 60 minutes	FMT STRENGTH 60 minutes	UPPER BODY RIG STRENGTH 60 minutes			
		LOWER BODY RIG STRENGTH 60 minutes					

JANUARY 19 - 25

INNOVATION CAMPUS TIMETABLE

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
6:00AM	FMT ATHLETIC 60 minutes	YOGA 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 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		
12:00PM	FMT ATHLETIC 60 minutes	PILATES 45 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes	PILATES 45 minutes		

CLASS LOCATION KEY: IC GYM CITY FUNCTION ROOM

REFORMER PILATES TIMETABLE

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
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