

UNIACTIVE GROUP FITNESS TIMETABE

WOLLONGONG CAMPUS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM	PILATES 45 minutes	PILATES 45 minutes	PILATES 45 minutes	PILATES 45 minutes	BODYBALANCE 45 minutes		
	AQUAFIT 45 minutes	OVER 55s 45 minutes	AQUAFIT 45 minutes	AQUAFIT 45 minutes	AQUAFIT 45 minutes		
9:15AM						PILATES 45 minutes	
9:30AM						RPM 45 minutes	
10:00AM							SLOW FLOW & STRETCH YOGA 60 minutes
12:30PM	BODYBALANCE 45 minutes	YING & YANG YOGA 45 minutes	PILATES 45 minutes	BODYBALANCE 45 minutes			
2:30PM							PILATES 45 minutes
4:30PM	ZUMBA 45 minutes	BODYPUMP 45 minutes	PILATES 45 minutes		BODYPUMP 45 minutes		
	RIDE 45 minutes						
4:45PM				RPM 45 minutes			
5:20PM	BODYPUMP HEAVY 60 minutes			BODYPUMP HEAVY 60 minutes			
5:30PM		RPM 45 minutes	RIDE 45 minutes		YIN YOGA 60 minutes		
		VINYASA YOGA 45 minutes	ZUMBA 45 minutes				
6:20PM	YOGA FUSION 60 minutes		YOGA FUSION 60 minutes				

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

SPORTS HUB TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM		FMT STRENGTH 45 minutes		FMT STRENGTH 45 minutes			
5:45AM	FMT ATHLETIC 60 minutes		HYROX 60 minutes		FMT ATHLETIC 60 minutes		
6:10AM		FMT STRENGTH 45 minutes		FMT STRENGTH 45 minutes			
8:30AM						FMT STRENGTH 60 minutes	HYROX 90 minutes
11:45AM	HYROX 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes	FMT STRENGTH 45 minutes	FMT ATHLETIC 45 minutes		
3:30PM						FMT ATHLETIC 60 minutes	UPPER BODY RIG STRENGTH 60 minutes
4:00PM							
5:00PM	HYROX 60 minutes		FULL BODY RIG STRENGTH 60 minutes		FMT ATHLETIC 60 minutes		
5:45PM				HYROX 60 minutes			
6:00PM	UPPER BODY RIG STRENGTH 60 minutes	LOWER BODY RIG STRENGTH 60 minutes	FMT STRENGTH 45 minutes	UPPER BODY RIG STRENGTH 60 minutes			
		FMT STRENGTH 60 minutes					

Updated: 21/04/26

UNIACTIVE GROUP FITNESS TIMETABE

INNOVATION CAMPUS TIMETABLE

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
6:00AM	FMT ATHLETIC 60 minutes	HATHA/ VINYASA 60 minutes	FMT STRENGTH 60 minutes	PILATES 45 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 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