

UNIACTIVE GROUP FITNESS TIMETABE

WOLLONGONG CAMPUS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00AM			RELEASE, MOBILISE & STRETCH 45 minutes					
6:10AM		RUN LAB 60 minutes						
6:15AM				RIDE 50 minutes				
7:00AM						RUN LAB 60 minutes		
7:30AM	PILATES 45 minutes	PILATES 45 minutes	PILATES 45 minutes	PILATES 45 minutes	AQUAFIT 45 minutes			
	AQUAFIT 45 minutes	OVER 55s 45 minutes	AQUAFIT 45 minutes					
9:00AM							BODYPUMP 60 minutes	
9:15AM							PILATES 45 minutes	
9:30AM							RPM 45 minutes	
10:00AM							SLOW FLOW & STRETCH YOGA 60 minutes	
12:30PM	BODYBALANCE 45 minutes	YIN YOGA 45 minutes	PILATES 45 minutes	RELEASE, MOBILISE & STRETCH 45 minutes				
2:30PM							PILATES 45 minutes	
4:30PM	RIDE 50 minutes	BODYPUMP 45 minutes	PILATES 45 minutes	YOGA FUSION 60 minutes	BODYPUMP 45 minutes			
4:45PM				BODYPUMP HEAVY 60 minutes				
5:00pm		VINYASA YOGA 60 minutes						
5:15PM	SCULPT PILATES 45 minutes							
5:30PM	BODYPUMP HEAVY 60 minutes	RPM 45 minutes	RIDE 50 minutes	BARRE PILATES 45 minutes	ZUMBA 45 minutes			
				RPM 45 minutes	YIN YOGA 60 minutes			
5:45PM			ZUMBA 45 minutes					
6:00PM			BODYBALANCE 60 minutes					
6:15PM	YOGA FUSION 60 minutes	PILATES 45 minutes						

CLASS LOCATION KEY:

ELEVATE STUDIO

GX STUDIO

POOL

CYCLE STUDIO

OVAL 1

INNOVATION CAMPUS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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

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 75 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	FULL BODY RIG STRENGTH 60 minutes
4:00PM							
5:00PM	HYROX 60 minutes		FULL BODY RIG STRENGTH 60 minutes		FULL BODY RIG STRENGTH 60 minutes		
5:45PM		FMT STRENGTH 60 minutes		HYROX 60 minutes			
6:00PM	UPPER BODY RIG STRENGTH 60 minutes	LOWER BODY RIG STRENGTH 60 minutes	FMT STRENGTH 60 minutes	UPPER BODY RIG STRENGTH 60 minutes			

REFORMER PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	45 minutes	45 minutes		45 minutes	45 minutes		
8:15AM						45 minutes	
9:15AM						45 minutes	
12:30PM	45 minutes		45 minutes		45 minutes		
4:30PM		45 minutes					
4:45PM	45 minutes		45 minutes	45 minutes			
5:15PM		45 minutes					
5:30PM	45 minutes		45 minutes	45 minutes			

CLASS LOCATION KEY:

REJUVENATE STUDIO