

# GROUP FITNESS

# TIMETABLE

Effective 11th February

TIME	MON	TUES	WED
12:15PM		CORE STABILITY <sup>45</sup>	
4:15PM	CARDIO HIIT <sup>45</sup>	TONE <sup>45</sup>	ATB <sup>45</sup>
5:15PM	ATB <sup>45</sup>	CROSS PUNCH <sup>45</sup>	BOOT CAMP <sup>45</sup>
6:10PM	CARDIO HIIT <sup>30</sup>	TONE <sup>30</sup>	metafit. <sup>30</sup>

\*Please note that the figure in the right hand corner of the class box indicates length of class in minutes

Please show your support for your favourite classes by attending regularly as those that consistently have low participation (<10 people) will be reconsidered for inclusion in future timetables.

## Burnie Centre Staffed Hours

Monday: 3:30pm - 6:00pm  
 Tuesday: 12:00pm - 1:00pm  
 & 3:00pm - 6:00pm  
 Wednesday: 3:30pm - 6:00pm  
 Public Holidays: Not staffed



For all Unigym enquiries outside of these hours, please contact Unigym Hobart at (03) 6226 2084.