

GROUP FITNESS TIMETABLE

Effective 18th February

TIME	MON	TUES	WED	THURS	FRI	SAT
7:15am	LES MILLS CXWORX ³⁰	LES MILLS BODYATTACK ⁴⁵	Yoga ⁴⁵	LES MILLS BODYPUMP ⁴⁵		
10:00am						CROSSTRAIN ⁴⁵
12:00pm	spin ³⁰	LES MILLS BODYPUMP ³⁰	LES MILLS BODYSTEP ⁴⁵	spin ³⁰	LES MILLS BODYPUMP ³⁰	
12:30pm	LES MILLS BODYATTACK ³⁰	metafit. ³⁰		ATB ³⁰	LES MILLS CXWORX ³⁰	
1:00pm	STRETCH ⁴⁵			Yoga ⁴⁵		
5:00pm	ATB ³⁰	spin ³⁰	LES MILLS CXWORX ³⁰	LES MILLS BODYATTACK ³⁰	spin ³⁰	
5:15pm	Yoga ⁴⁵		cross punch ³⁰		Yoga ⁵⁰	
5:35pm	THE ZUU ³⁰	HIIT ³⁰	THE ZUU ³⁰	HIIT ³⁰		
6:05pm	cross punch ⁴⁵	LES MILLS BODYSTEP ³⁰	LES MILLS BODYPUMP ³⁰			

*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.

Launceston Centre Opening Hours

Monday - Friday 7:00am - 9:00pm
 Saturday 9:00am - 1:00pm
 Sunday 10:00am - 1:00pm
 Public Holidays 12:00pm - 4:00pm



GROUP FITNESS TIMETABLE

Effective 18th February



(03) 6324 3092



www.utas.edu.au/unigym



launceston.sport@utas.edu.au



Unigym Launceston

CLASS DESCRIPTIONS

ATB

(Abs, Thighs and Butts) this 30min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels

BODY ATTACK

This high energy interval training class combines athletic sports inspired movements with strength and stabilisation exercises. Dynamic instructors and powerful music will motivate everyone towards their fitness goals.

BODY STEP

Lift your fitness, raise your energy! A full body cardio workout that will target and tone your butt and thighs. This class will help build stamina and use athletic and weight plate exercises, while playing great fun music. Body step is for everyone, moves can be high intensity, but there are plenty of options to get you through the workout safely.

CROSSPUNCH

A boxing style class that involves traditional boxing and MMA combinations, suitable for all levels of fitness. **For hygiene purposes all participants must wear cotton gloves during the class. Inners are available from reception for a minimal fee.**

CROSSTRAIN

This 45min class is all about variety! The format will change week to week, but it will always challenge you. Expect fun cardio to tough strength work, and even some moves from our other timetable classes.

CX-WORX

This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body. This workout will leave you looking good and feeling strong.

HIIT

High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but included battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

METAFIT

A 30min high intensity interval style class that uses body weight only. This whole body workout is designed to work your major muscle groups functionally. It will tone the muscles and increase your fitness and energy levels.

PUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

SPIN

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on the hills, flats, mountain peaks, speed work and interval training to reach that endorphin high!

STRETCH

Stretching can enhance grace and ease in body movement. It allows you to let go of any tension throughout the body which can help you recover from strength building workouts and to increase flexibility.

YOGA

Combines the traditional principles of Yoga with slow movements and stretching. Great for increasing flexibility and balance, relieving stress and promoting relaxation.

ZUU

A training style based around "primal pattern" body weight exercises. The sessions are constructed into high intensity full body workouts with very specific sequences. Every workout targets all major and minor muscle groups while engaging both the anaerobic and aerobic systems.