Unigym Online Class Schedule

Dear Members,

As of April 1 2020, we will be moving online with a virtual timetable. This means that familiar faces will be running live sessions online for you to join in on at home.

Streamed on zoom, these classes will cater for all physical activity levels. Classes will be reviewed and updated every 2 weeks, so keep checking to make sure you are up to date.

Follow the steps below to join!

Step 1: First time using Zoom? Be prepared and ensure you have plenty of time before class begins. Install the Zoom App and follow the prompts.

Step 2: Select your class from the list below.

Step 3: You will automatically join the class and you’ll be ready to start exercising!

Step 4: To view the instructor on your screen, hover over the video and click on the three little dots, then “Pin video”

ONLINE CLASS SCHEDULE:

MONDAY  12pm - HIIT

TUESDAY  8am - PILATES  12pm - ONLINE SERIES  5.30pm - CORE

WEDNESDAY  8am - HIIT  5.30pm - ZUMBA

THURSDAY  8am - STRETCH  12pm - ONLINE SERIES  5.30pm - FREESTYLE AEROBICS

FRIDAY  12pm - HIIT  5.30pm - YOGA

SATURDAY  8am - GAC

Can't wait for you to join us online!